



August 2023

for more information
go to
www.TheCentreAtVitaZen.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tickets \$12 each 4 for \$42 10 for \$95 Unlimited Monthly \$89	Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month	1 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	2 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	3 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran	4 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett	5 11:00am-Saturday Salutation
6 11am Restorative Yoga w/Brett	7 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge	8 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	9 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	10 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran	11 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett	12 11:00am-Saturday Salutation
13 11am-Soothing Sunday w/Brett	14 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge	15 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	16 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	17 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran	18 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett	19 11:00am-Saturday Salutation
20 11am-Soothing Sunday w/Brett	21 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge	22 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	23 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	24 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran	25 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis 3:00pm-Restorative Yoga w/Brett 6:00pm 90 Min. YIN Session*	26 11:00am-Saturday Salutation
27 11am-Soothing Sunday w/Brett 2pm-Restorative Yoga Nidra Session 75 minutes*	28 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge	29 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	30 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	31 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran	Restorative Yoga Nidra Session is 75 minutes. Registration is recommended! \$20 or 2 tickets, included w/pass	Yin Session is 90 minutes. Registration is recommended! \$20 or 2 tickets, included w/monthly pass