



November 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		Yin Session is 90 minutes. Registration is recommended! \$20 or 2 tickets, included w/monthly pass		Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month		
			<i>1</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	<i>2</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran	<i>3</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett	<i>4</i> 11:00am-Saturday Salutation
<i>5</i> 11am Restorative Yoga	<i>6</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge	<i>7</i> 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	<i>8</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	<i>9</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran	<i>10</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis w/Glenda 3:00pm-Yoga w/Brett	<i>11</i> 11:00am-Saturday Salutation
<i>12</i> 11am-Soothing Sunday w/Brett	<i>13</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge	<i>14</i> 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	<i>15</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	<i>16</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran	<i>17</i> 9am-Yoga w/Ann 11:00am-Chair Yoga 1:00pm BeYin Yogis 3:00pm-Yoga w/Brett 6:00pm 90 Min. YIN Session*	<i>18</i> 11:00am-Saturday Salutation
<i>19</i> 11am-Soothing Sunday w/Brett	<i>20</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge	<i>21</i> 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	<i>22</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	<i>23</i> Happy Thanksgiving No Classes	<i>24</i> 11am-GIVING THANKS YOGA	<i>25</i> 11:00am-Saturday Salutation
<i>26</i> 11am-Soothing Sunday w/Brett	<i>27</i> 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/Marge	<i>28</i> 11:00am-Gentle Yoga w/Kathryn 2:00pm -Yoga w/Cheran	<i>29</i> 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	<i>30</i> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga w/Cheran		