



for more information
go to
www.TheCentreAtVitaZen.com

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Tickets \$12 each 4 for \$46 10 for \$105 Unlimited Monthly \$99</p>	<p>Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month</p>	<p>* Yin Yoga is a 90 minute session. 2 tickets, \$22 or included with monthly pass</p>	<p>Yogalates is 75 min. class that blends yoga & palates. Open to all</p>	<p>1 9am-Yoga w/ Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga wCheran</p>	<p>2 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1:00pm BeYin Yogis w/Glenda</p>	<p>3 11:00am-Saturday Salutation</p>
<p>4 11am Restorative Yoga w/Brett</p>	<p>5 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge</p>	<p>6 11:00am-Gentle Yoga w//Leslie 2:00pm -Yoga w/Cheran</p>	<p>7 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett</p>	<p>8 9am-Yoga w/ Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga wCheran</p>	<p>9 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1:00pm BeYin Yogis w/Glenda</p>	<p>10 11:00am-Saturday Salutation</p>
<p>11 11am-Soothing Sunday w/Brett</p>	<p>12 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge</p>	<p>13 11:00am-Gentle Yoga w//Leslie 2:00pm -Yoga w/Cheran</p>	<p>14 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett</p>	<p>15 9am-Yoga w/Marge 11am-Gentle Yoga w/Cheran 3pm Yogalates w/ Kathryn (OPEN TO ALL) 6pm-Yoga w/Cheran</p>	<p>16 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1:00pm BeYin Yogis w/Glenda</p>	<p>17 11:00am-Saturday Salutation</p>
<p>18 11am-Soothing Sunday w/Brett</p>	<p>19 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge</p>	<p>20 11:00am-Gentle Yoga w//Leslie 2:00pm -Yoga w/Cheran</p>	<p>21 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett 6pm Kundalini</p>	<p>22 9am-Yoga w/ Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga wCheran</p>	<p>23 9am-Yoga w/Ann 11:00am-Chair Yoga 1pm BeYin w/Glenda 6:00pm YIN Yoga Session w/Brett</p>	<p>24 11:00am-Saturday Salutation</p>
<p>25 11am-Soothing Sunday w/Brett</p>	<p>26 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge</p>	<p>27 11:00am-Gentle Yoga w//Leslie 2:00pm -Yoga w/Cheran</p>	<p>28 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett</p>	<p>29 9am-Yoga w/Marge 11am-Gentle Yoga w/Cheran 3pm Yogalates w/ Kathryn (OPEN TO ALL) 6pm-Yoga w/Cheran</p>	<p>30 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1:00pm BeYin Yogis w/Glenda</p>	<p>31 11:00am-Saturday Salutation</p>