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[www.TheCentreAtVitaZen.com](http://www.TheCentreAtVitaZen.com)

# September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>11am Restorative Yoga w/Brett</b>	2 <b>11am-Labor Day Yoga</b>	3 11:00am-Gentle Yoga w//Leslie 2:00pm -Yoga w/Cheran	4 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	5 9am-Yoga w/ Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga wCheran	6 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1:00pm BeYin Yogis w/Glenda	7 11:00am-Saturday Salutation
8 11am-Soothing Sunday w/Brett	9 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge	10 11:00am-Gentle Yoga w//Leslie 2:00pm -Yoga w/Cheran	11 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	12 9am-Yoga w/ Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga wCheran	13 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1:00pm BeYin Yogis w/Glenda	14 11:00am-Saturday Salutation
15 11am-Soothing Sunday w/Brett	16 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge	17 11:00am-Gentle Yoga w//Leslie 2:00pm -Yoga w/Cheran	18 9:00am-Yoga w/Elizabeth 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	19 9am-Yoga w/ Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga wCheran	20 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1:00pm BeYin Yogis w/Glenda	21 11:00am-Saturday Salutation
22 11am-Soothing Sunday w/Brett	23 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge	24 11:00am-Gentle Yoga w//Leslie 2:00pm -Yoga w/Cheran	25 <b>9:00am-NO CLASS</b> 11:00am-Ageless Yogis w/Glenda 4:00pm-Power wBrett	26 9am-Yoga w/ Marge 11:00am-Gentle Yoga w/Cheran 6:00pm-Yoga wCheran	27 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1:00pm BeYin Yogis w/Glenda	28 11:00am-Saturday Salutation
29 11am-Soothing Sunday w/Brett	30 11:00am-Ageless Yogis w/Glenda 1:00pm-Chair Yoga 3:00pm-Yoga w/Brett 6:00pm-Yoga w/ Marge	<b>Tickets \$12 each 4 for \$46 10 for \$105 Unlimited Monthly \$99</b>	<b>Yogalates is 75 min. class that blends yoga &amp; palates. Open to all</b>	<b>Zoom Ageless Yogis is Tue &amp; Thu @11am Flyer for Details \$65 per month</b>	<b>* Yin Yoga is a 90 minute session. 2 tickets, \$22 or included with monthly pass</b>	<b>Kundalini, Yin &amp; Yogalates will return in October!</b>