



November 2025

for more information
go to
www.TheCentreAtVitaZen.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month				Sound Bath with Greg Burns is PRE-REGISTER ONLY \$30 Sign up today	Sound Bath with Greg Burns of Metta Vibrations Saturday Nov 1 @ 1:30 & 6:00	1 11:00am-Saturday Salutation 1:30pm Sound Bath* 6:00pm Sound Baath*
2 11am Restorative Yoga w/ Brett	3 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	4 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	5 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	6 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	7 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	8 11:00am-Saturday Salutation
9 11am-Soothing Sunday w/Brett	10 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	11 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	12 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	13 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	14 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	15 11:00am-Saturday Salutation
16 11am-Soothing Sunday w/Brett	17 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	18 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	19 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	20 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	21 9am-Yoga w/Ann 11:00am-Chair Yoga w/Glenda 1pm BeYin w/Glenda 6:00pm YIN Yoga w/Brett 90 Minutes	22 11:00am-Saturday Salutation
23 11am-Soothing Sunday w/Brett	24 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	25 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	26 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-NO POWER	27 NO YOGA Happy Thanksgiving!	28 11:00am-Giving Thanks Yoga	29 11:00am-Saturday Salutation
30 11am-Soothing Sunday w/Brett	Unlimited Monthly Pass \$99		Tickets \$12 each 4 for \$46 10 for \$105			