



December 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	1 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	2 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	3 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	4 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	5 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	6 11:00am-Saturday Salutation
7 11am Restorative Yoga w/ Brett	8 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	9 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	10 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	11 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	12 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	13 11:00am-Saturday Salutation
14 11am-Soothing Sunday w/Brett	15 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	16 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	17 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	18 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	19 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	20 11:00am-Saturday Salutation
21 11am-Soothing Sunday w/Brett 2:00pm-Winter Solstice Celebration* <u>See poster for details</u>	22 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	23 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	24 11am Christmas Eve Yoga	25 MERRY CHRISTMAS NO YOGA!	26 11am Celebrating the Season Yoga	27 11:00am-Saturday Salutation
28 11am-Soothing Sunday w/Brett	29 11:00am-Ageless Yogis w/Glenda 1:00pm-Asstd Chair Yoga 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	30 11:00am-Gentle Yoga w/ Leslie 2:00pm -Yoga w/Cheran	31 11am New Year's Eve Yoga	Unlimited Monthly Pass \$99		Tickets \$12 each 4 for \$46 10 for \$105