



March 2026

for more information
go to
www.TheCentreAtVitaZen.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 11am Restorative Yoga w/ Brett	2 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	3 11:00am-Stong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	4 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-NO CLASS	5 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-NO CLASS	6 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	7 11:00am-Saturday Salutation 1:30pm Sound Bath* 12:30-3:00pm 5NP Acupuncture*	
8 11am-Soothing Sunday w/Brett	9 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	10 11:00am-Stong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	11 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	12 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	13 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	14 11:00am-Saturday Salutation	
15 11am-Soothing Sunday w/Brett	16 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	17 11:00am-Stong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	18 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	19 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	20 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	21 11:00am-Saturday Salutation	
22 11am-Soothing Sunday w/Brett	23 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	24 11:00am-Stong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	25 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	26 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	27 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	28 11:00am-Saturday Salutation	
29 11am-Soothing Sunday w/Brett	30 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	31 11:00am-Stong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	Tickets \$12 each 4 for \$46 10 for \$105		Unlimited Monthly Pass \$99	Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month	* See posters for info on Sound Bath & 5NP Acupuncture! Registration is required.