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

# May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<b>Tickets</b> <b>\$12 each</b> <b>4 for \$46</b> <b>10 for \$105</b>		<b>Zoom Ageless Yogis</b> <b>is Tue &amp; Thu</b> <b>@11am</b> <b>Flyer for Details</b> <b>\$65 per month</b>		<b>Yin is a 90 minute</b> <b>session! On Friday</b> <b>May 15th.</b>		<b>1</b> 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	<b>2</b> 11:00am-Saturday Salutation	
<b>Unlimited</b> <b>Monthly Pass</b> <b>\$99</b>		<b>3</b> <b>11am-Restorative</b> <b>Yoga w/Brett</b>	<b>4</b> 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	<b>5</b> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	<b>6</b> 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	<b>7</b> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	<b>8</b> 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	<b>9</b> 11:00am-Saturday Salutation
<b>10</b> 11am-Soothing Sunday w/Brett	<b>11</b> 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	<b>12</b> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	<b>13</b> 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	<b>14</b> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	<b>15</b> 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda <b>6:00pm Yin 90 minute</b>	<b>16</b> 11:00am-Saturday Salutation		
<b>17</b> 11am-Soothing Sunday w/Brett	<b>18</b> 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	<b>19</b> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	<b>20</b> 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	<b>21</b> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	<b>22</b> 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	<b>23</b> 11:00am-Saturday Salutation		
<b>24</b> 11am-Soothing Sunday w/Brett	<b>25</b> <b>11am-Memorial Day</b> <b>Yoga</b>	<b>26</b> 11:00am-Strong & Balanced w/Leslie 2:00pm -Yoga w/Cheran	<b>27</b> 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	<b>28</b> 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	<b>29</b> 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	<b>30</b> 11:00am-Saturday Salutation		
<b>31</b> 11am-Soothing Sunday w/Brett								