



for more information
go to
www.TheCentreAtVitaZen.com

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Saturday August 8th</i> <i>Sound Bath & 5NP Acupuncture!</i> <i>Registration is required</i>	Tickets \$12 each 4 for \$46 10 for \$105		1 9:00am-NO CLASS 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	2 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	3 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	4 11:00am-JULY 4th Yoga!
5 11am-Restorative Yoga w/Brett	6 11:00am-Ageless Yogis w/Glenda 3:00pm-NO CLASS 6pm-Yoga w/Marge	7 11:00am-Strong & Balanced w/Leslie 2:00pm -NO CLASS	8 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	9 9am-Yoga w/Marge 11:00am-Gentle Yoga w/ Cheran 6pm-Yoga w/Cheran	10 9am-Yoga w/Ann 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	11 11:00am-Saturday Salutation
12 11am-Soothing Sunday w/Brett	13 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	14 11:00am-Strong & Balanced w/Leslie	15 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	16 9am-Yoga w/Marge 11:00am-Gentle Yoga	17 9am-NO CLASS 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda 6:00pm Yin w/Brett 90 minute	18 11:00am-Saturday Salutation
19 11am-Soothing Sunday w/Brett	20 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	21 11:00am-Strong & Balanced w/Leslie	22 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	23 9am-Yoga w/Marge 11:00am-NO CLASS 6:00pm-NO CLASS	24 9am-NO CLASS 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	25 11:00am-Saturday Salutation
26 11am-Soothing Sunday w/Brett	27 11:00am-Ageless Yogis w/Glenda 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	28 11:00am-Strong & Balanced w/Leslie	29 9:00am-Yoga w/Elizabeth 11:00am-Ageless w/ Glenda 4:00pm-Power w/Brett	30 9am-Yoga w/Marge 11:00am-Gentle Yoga	31 9am-NO CLASS 11:00am-Chair Yoga w/ Glenda 1:00pm BeYin w/Glenda	Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month