



for more information
go to
www.TheCentreAtVitaZen.com

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tickets \$12 each 4 for \$46 10 for \$105		<i>1</i> 11:00am-Strong & Balanced w/Leslie	<i>2</i> 9:00am-Gentle Yoga w/Elizabeth 11:00am-Yoga w/Leslie 2:00pm-Power w/Brett	<i>3</i> 11am-Yoga w/Marge	<i>4</i> 11:00am-Chair Yoga w/ Glenda 1:00pm Yoga w/Marge	<i>5</i> 11:00am-Saturday Salutation w/Elizabeth
<i>6</i> 11am-Restorative Yoga w/Brett	<i>7</i> 11:00am-Labor Day Yoga w/Elizabeth	<i>8</i> 11:00am-Yoga w/ Kathryn	<i>9</i> 9:00am-NO CLASS 11:00am-Yoga w/Jeannie 2:00pm-Power w/Brett	<i>10</i> 11am-Yoga w/Marge	<i>11</i> 11:00am-Chair Yoga w/ Lisa 1:00pm Yoga w/Lisa	<i>12</i> 11:00am-Saturday Salutation w/Ann
<i>13</i> 11am-Soothing Sunday w/Ann	<i>14</i> 11:00am-Yoga w/ Kathryn 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	<i>15</i> 11:00am-Yoga w/Marge	<i>16</i> 9:00am-Gentle Yoga w/Elizabeth 11:00am-Yoga w/ Kathryn 2:00pm-Power w/Brett	<i>17</i> 11am-Yoga w/Marge	<i>18</i> 11:00am-Chair Yoga w/ Brett 1:00pm Yoga w/Kathryn	<i>19</i> 11:00am-Saturday Salutation w/Marge
<i>20</i> 11am-Soothing Sunday w/Brett	<i>21</i> 11:00am-Yoga w/ Kathryn 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	<i>22</i> 11:00am-Yoga w/ Kathryn	<i>23</i> 9:00am-Gentle Yoga w/Elizabeth 11:00am-Yoga w/Jeannie 2:00pm-Power w/Brett	<i>24</i> 11am-Yoga w/Marge	<i>25</i> 11:00am-Chair Yoga w/ Lisa 1:00pm Yoga w/Lisa	<i>26</i> 11:00am-Saturday Salutation w/Ann
<i>27</i> 11am-Soothing Sunday w/Brett	<i>28</i> 11:00am-Yoga w/Ann 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	<i>29</i> 11:00am-Yoga w/Marge	<i>30</i> 9:00am-Gentle Yoga w/Elizabeth 11:00am-Yoga w/Jeannie 2:00pm-Power w/Brett	Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month Returns in Oct.		