



October 2026

for more information
go to
www.TheCentreAtVitaZen.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tickets \$12 each 4 for \$46 10 for \$105		Zoom Ageless Yogis is Tue & Thu @11am Flyer for Details \$65 per month Returns in Nov.	Unlimited Monthly Pass \$99	1 11am-Yoga w/Marge	2 11:00am-Chair Yoga w/ Lisa 1:00pm Yoga w/Lisa	3 11:00am-Saturday Salutation w/Jeanne
4 11am-Restorative Yoga w/Brett	5 11:00am-Yoga w/Ann 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	6 11:00am-Strong & Balanced w/Leslie	7 9:00am-Gentle Yoga w/Elizabeth 11:00am-Yoga w/Jeanne 2:00pm-Power w/Brett	8 11am-Yoga w/Marge	9 11:00am-Chair Yoga w/ Brett 1:00pm Yoga w/Margie	10 11:00am-Saturday Salutation w/Jeanne
11 11am-Soothing Sunday w/Brett	12 '11:00am-Yoga w/ Kathryn 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	13 11:00am-Strong & Balanced w/Leslie	14 9:00am-Gentle Yoga w/Elizabeth 11:00am-Yoga w/ Kathryn 2:00pm-Power w/Brett	15 11am-Yoga w/Marge	16 11:00am-Chair Yoga w/ Brett 1:00pm Yoga w/Jeanne 6:00pm Yin Session (90 minutes)	17 11:00am-Saturday Salutation w/Elizabeth
18 11am-Soothing Sunday w/Brett	19 11:00am-Yoga w/ Kathryn 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	20 11:00am-Strong & Balanced w/Leslie	21 9:00am-Gentle Yoga w/Elizabeth 11:00am-Yoga w/Ann 2:00pm-Power w/Brett	22 11am-Yoga w/Marge	23 11:00am-Chair Yoga w/ Brett 1:00pm Yoga w/Ann	24 11:00am-Saturday Salutation w/Ann
25 11am-Soothing Sunday w/Brett	26 '11:00am-Yoga w/ Kathryn 3:00pm-Yoga w/Brett 6pm-Yoga w/Marge	27 11:00am-Strong & Balanced w/Leslie	28 9:00am-Gentle Yoga w/Elizabeth 11:00am-Yoga w/ Kathryn 2:00pm-Power w/Brett	29 11am-Yoga w/Marge	30 11:00am-Chair Yoga w/ Brett 1:00pm Yoga w/Ann	31 11:00am Happy Halloween Yoga w/Kathryn