

October

2024

Be well with Charlita


Join us for fitness, fun & friendship!

Contact Charla for private and small-group yoga.

Check out <https://www.bewellwithcharlita.com/> for more info on her classes, workshops, special events & retreats! Next up: SPAIN June 2025:

<https://forms.gle/WVvVspkqsbtMYNWD9>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sign up for Thursday nights at TONE here: https://lu.ma/user/usr-7G5FgwawulXHvwG</p>	<p>NOTE: there is a new link for each week</p>	1	2	3 6 pm Yoga & Dharma Dialogue T	4	<p><i>No classes</i></p> 
6 <i>subs at the Rec</i>	7 5:30 pm Yoga C 6:45 pm AquaFit P	8	9 5:30 pm Yoga C 6:45 pm AquaFit P	10 6 pm Yoga & Dharma Dialogue T	11	12 8 am Cycle Strong W 9 am Yoga W
13 9 am BodyBalance H 10:15 am BodyPump H	14 5:30 pm Yoga C 6:45 pm AquaFit P	15	16 5:30 pm Yoga C 6:45 pm AquaFit P	17 6 pm Yoga & Dharma Dialogue T	18	19 8 am Cycle Strong W 9 am Yoga W
20 9 am BodyBalance H 10:15 am BodyPump H	21 5:30 pm Yoga C 6:45 pm AquaFit P	22	23 5:30 pm Yoga C 6:45 pm AquaFit P	24 6 pm Yoga & Dharma Dialogue T	25	26 8 am Cycle Strong W 9 am Yoga W
27 9 am BodyBalance H 10:15 am BodyPump H	28 5:30 pm Yoga C 6:45 pm AquaFit P	29	30 5:30 pm Yoga C 6:45 pm AquaFit P	31 6 pm Yoga & Dharma Dialogue T		

C = Carpenter Chapel H = Hempfield Rec P = Patton Pool T = TONE W = Community Place on Washington