

# November

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/WVvVspkgsbtMYNWD9>



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

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