

# July

## 2024

Be well with Charlita

### Join us for fitness, fun & friendship!

Please note no classes 7/7-7/15 (& watch for retreat pix from Costa Rica!), No yoga on 7/17 & no BodyPump on 7/21 (due to events in our usual spaces). Check out <https://www.bewellwithcharlita.com/> for more info on Charla's classes, workshops, special events & retreats – like Rehoboth Beach in October!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30 pm Yoga <b>C</b> 6:45 pm AquaFit <b>P</b>	2	3 5:30 pm Yoga <b>C</b> 6:45 pm AquaFit <b>P</b>	4 9 am BodyPump <b>H</b> 6 pm Yoga <b>T</b>	5	6 8 am Cycle Strong <b>W</b> 9 am Yoga <b>W</b>
7 (subs at H)	8	9	10	11	12	13
14 (subs at H)	15	16	17 <b>NO YOGA</b> 6:45 pm AquaFit <b>P</b>	18 6 pm Yoga <b>T</b>	19	20 8 am Cycle Strong <b>W</b> 9 am Yoga <b>W</b>
21 9 am BodyBalance <b>H</b> <b>NO</b> <b>BODYPUMP</b>	22 5:30 pm Yoga <b>C</b> 6:45 pm AquaFit <b>P</b>	23	24 5:30 pm Yoga <b>C</b> 6:45 pm AquaFit <b>P</b>	25 6 pm Yoga <b>T</b>	26	27 8 am Cycle Strong <b>W</b> 9 am Yoga <b>W</b>
28 9 am BodyBalance <b>H</b> 10:15 am BodyPump <b>H</b>	29 5:30 pm Yoga <b>C</b> 6:45 pm AquaFit <b>P</b>	30	31			

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