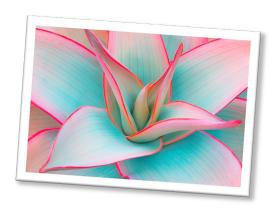


2024

Be well with Charlita

Join us for fitness, fun & friendship!

Be sure to register early for the October 4-6 Rehoboth Beach retreat (spaces are filling up!) and weekly for yoga at TŌNE. Find everything you need at www.bewellwithcharlita.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Register for the Oct 4-6 Rehoboth Beach retreat by 5/1 to save \$50!	6 pm Yoga C 7:15 AquaFit P	6 pm Yoga T	3	8 am Cycle Strong W 9 a.m. Yoga W
9 a.m. BodyBalance H 10:15 a.m. BodyPump H	6 pm Yoga C 7:15 AquaFit P	7 6 pm Pound F	6 pm Yoga C 7:15 AquaFit P	9 6 pm Yoga T	10	8 am Cycle Strong W 9 a.m. Yoga W
9 a.m. BodyBalance H 10:15 a.m. BodyPump H	6 pm Yoga C 7:15 AquaFit P	14 6 pm Pound F	6 pm Yoga C 7:15 AquaFit P	16 6 pm Yoga T	17	18 8 am Cycle Strong W 9 a.m. Yoga W
19 9 a.m. BodyBalance H 10:15 a.m. BodyPump H	6 pm Yoga C 7:15 AquaFit P	6 pm Pound F	22	23 6 pm Yoga T	24	8 am Cycle Strong W 9 a.m. Yoga W
9 a.m. BodyBalance H 10:15 a.m. BodyPump H	27	28	29	30	31	