

May

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 TÔNE. 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!	1 6 pm Yoga C 7:15 AquaFit P	2 6 pm Yoga T	3	4 8 am Cycle Strong W 9 a.m. Yoga W
5 9 a.m. BodyBalance H 10:15 a.m. BodyPump H	6 6 pm Yoga C 7:15 AquaFit P	7 6 pm Pound F	8 6 pm Yoga C 7:15 AquaFit P	9 6 pm Yoga T	10	11 8 am Cycle Strong W 9 a.m. Yoga W
12 9 a.m. BodyBalance H 10:15 a.m. BodyPump H	13 6 pm Yoga C 7:15 AquaFit P	14 6 pm Pound F	15 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	20 6 pm Yoga C 7:15 AquaFit P	21 6 pm Pound F	22	23 6 pm Yoga T	24	25 8 am Cycle Strong W 9 a.m. Yoga W
26 9 a.m. BodyBalance H 10:15 a.m. BodyPump H	27	28	29	30	31	

C = Carpenter Chapel F = Fighting Dragons H = Hempfield Rec P = Patton Pool T = TÔNE W = Community Place on Washington