# Autumn Align: Full Moon Flow






## Tuesday, Nov. 24
## 7-9 a.m.
## Fitness Center, Capodichino



Start your day with a yoga flow class designed to energize your body and center your mind.

After class, gather together to enjoy breakfast and connection, creating a welcoming, community-driven experience that blends movement, mindfulness and meaningful conversation.

Class is free. Breakfast (cornetti and coffee) is $3.

Please register, order/pay for your optional breakfast at the Capodichino or Support Site fitness centers by **Friday, Nov. 20**.

**For more information, call 081-568-4265 | DSN 626-4265.**

MORALE, WELFARE AND RECREATION
FITNESS