

















JOYtober Bingo

Find JOY this October by committing to your health and wellness by finding JOY in challenging times!

Start any day in October and finish by November 20.

Fill the board and get as many bingos as you can!

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| HYP TV Yoga Lab  | OHYA 60  | Yin  | OHYA 90  | HYP TV Strength  |
| Post yourself doing your best pose  | Hot Pilates  | OHYA 60  | HYP TV 30 Min HIIT  | Vinyasa  |
| Post a pose in a Halloween costume  | 30 classes in 30 days  | HYP TV Any class  | Plank every day for 7 days  | Invite a friend to a virtual class  |
| Vinyasa  | Hot Pilates  | Take a 10 min savasana after class  | Vote  | 5 classes in 5 days  |
| HYP TV Strength & Stretching  | Yin  | Post the best thing about HYP  | OHYA 90  | HYP TV Yoga Lab  |

Share your JOY with us!

@hotyogapasadena



#JOYtoberchallenge