



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:30 am	8:30am Graceful & Grateful Yoga		8:15am Cycle & Core		8:15am Cycle & Core		8:30am Cycle*
9:00-10:00 am		9am Fit Strength and Movement*	9am Fit Strength*	9am Fit Strength and Movement*	9am Fit Strength*	9am Barefoot* **No class 4/5 **4/26 - Line Dancing	9:30am Stretch & Core**
10:00-11:00 am		10am Yoga*	***10am Retro Cardio*	10am Pilates*	10am Yin Yoga*	10am Butts & Guts*	10am Cycle*
11:00-12:00 pm		11am Chair Fitness*	11am Yoga Strength*	11am Yoga*	11am Chair Fitness*		
12:00-1:00 pm			12 noon Experienced Tai Chi Practice#		12 noon Experienced Tai Chi Practice#		
5:30-6:30 pm		5:30pm Fit Cardio & Core	5:30pm Yoga Fusion	5:30pm Cycle*	5:30pm Fit Cardio & Core		
		5:30pm Chisel Virtual ONLY Class		5:30pm Chisel Virtual ONLY Class			

Contact Us:
301-432-5206
staff.fitinboonsboro@gmail.com

Hours:
Mon - Fri 6am - 8pm
Sat & Sun 8am - 1pm
Kid Care:
Mon - Fri 8:30am - 12pm

KEY:
**=30 minute class
*=45 minute class
***=Additional Charge
#=outdoors

In Studio & Zoom with Renee
ID #: 502-702-1716
Password: YogaRenee

Kathy Via Google Meet - KKY.acnf-wst

Free Community Day Sunday, April 28th Free Access for All!



Facials @ Fit!
Contact Renee for an appointment
Free for members
Public \$10

Special Events this Month:



You Deserve More in 2024 Healthy Living
New Group Starting 4/8
Weekly gatherings every Friday @ 11am in studio & on Zoom
\$20 members - \$50 non-members
Sign up today!



Experienced Tai Chi Practice



Continues in April

Free for members Tuesdays & Thursdays @ 12 noon

Jamie will be at Tai Chi classes starting Tues. 4/15

This group practice will explore the postures and principles of Tai Chi deepening our understanding of this ancient art
#Free to Members who have completed Parts 1 & 2 or know the form (Yang 24)



We did it! 1 mile a day for 100 days
Hub City 100 Miler Final Mile Celebration
4/20/24 9:00 - 11:00 am
Hagerstown City Park Train Hub

4 Energy Gates - Qi Tune Up
With Michelle Clowe
4/21 10:15-11:30am \$20



Saturday 4/27
Boonsboro Spring Jubilee
8:30 am 5K starts @ Shafer Park
No registration. All monetary & non-perishable food donations support Mr. Christmas charity
Town Events from 9am - 4pm

