



May - National Physical Fitness & Sports Month!

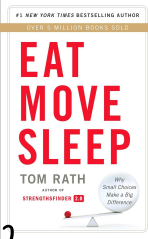


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:30 am	8:30am Graceful & Grateful Yoga		8:15am Cycle & Core		8:15am Cycle & Core		8:30am Cycle*
9:00-10:00 am		9am Fit Strength and Movement*	9am Fit Strength*	9am Fit Strength and Movement*	9am Fit Strength*	9am Barefoot*	9:30am Stretch & Core**
10:00-11:00 am		10am Yoga*	10am Yoga Strength*	10am Pilates*	10am Yin Yoga*	10am Butts & Guts*	10am Cycle*
11:00-12:00 pm		11am Chair Fitness*	11am Experienced Tai Chi Practice* ☯	11am Yoga*	11am Chair Fitness*	11am Experienced Tai Chi Practice* ☯	
5:30-6:30 pm		5:30pm Fit Cardio & Core	5:30pm Yoga	5:30pm Fit Cardio & Core	5:30pm Cycle*		
		5:30pm Chisel <i>Virtual ONLY Class</i>		5:30pm Chisel <i>Virtual ONLY Class</i>			
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 dress for the weather	In Studio & Zoom with Renee ID #: 502-702-1716 Password: YogaRenee	Kathy Via Google Meet - KKY.acnf-wst			

Special Events this Month:

Barbie

Barbie Movie Night
Shafer Park Fields (behind police station)
Saturday, 5/18 @ dark
Bring your chairs, snacks & drinks enjoy this outdoor movie with Fit Friends!



Fit Book Club
Friday, May 10th 12:00 pm
Join our discussion of
EAT MOVE SLEEP
by Tom Rath

Pick up your copy locally at
Turn the Page Bookstore



1st Hike/Outing with Fit Friends of the Season
Friday, May 3

5:30 pm Meet @ Burnside Bridge parking lot for the hike around Antietam &... Or...
7:00 pm Harpers Ferry Brewing for the fun
All are welcome! Join Us!!



Experienced Tai Chi Practice

New day & time - Join us Tuesdays & Fridays @ 11 am
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)



Free Community Day
Tuesday, May 28th
Free Access for All!



Girls Night Out

Theme: *In Bloom*
Thursday, May 9
4 - 8 pm

Enjoy fun throughout town & local vendors here @

