

June 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:30 am			8:15am Cycle & Core*		8:15am Cycle & Core*	8:15am Cycle*	8:30am Cycle*
9:00-10:00 am		9am Pilates*	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 Special Classes*	
11:00-12:00 pm		11am Chair Fitness*	11am Experienced Tai Chi Practice*	11am Yoga*	11am Chair Fitness*		
5:30-6:30 pm		5:30pm Fit Cardio & Core 5:30pm Chisel Virtual ONLY Class	5:30pm Yoga in the Park# @ Shafer Park	5:30pm Cycle* 5:30pm Chisel Virtual ONLY Class	5:30pm Cycle & Core*		
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 - please 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 @



June's Book Club

National Great Outdoors Month

The Hidden Life of Trees

By: Peter Wohlleben

& Amazon Prime Movie

Tuesday, June 24

12 noon

Walk & Talk @ Shafer Park

Free Community Day
Saturday, June 28
Free Access for All!

Special Class

5 Senses Yoga

Friday, June 13th 10 am



Sunset Yoga @

Washington Monument State Park

Mondays 5:30 - 6:30 pm

June 9, July 14, Aug. 11 & Sept. 8

Free & Open to Community



Sip & Stroll

Healthy Hike

Friday 6/20 10:15 am

Meet at Little Brick Coffee &

Hike the C&O Canal



Yoga in the Park
Tuesdays 5:30pm



