

	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 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 Special Classes*	10am Cycle*
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 <i>Virtual ONLY Class</i>	5:30pm Barefoot Balance** 6:00pm Stretch**	5:30pm Cycle* 5:30pm Chisel <i>Virtual ONLY Class</i>	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 @

May's Book Club

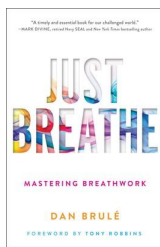
National Physical Fitness
& Sports Month

Just Breathe
By: Dan Brulé

Tuesday, May 20
12 noon
Walk & Talk

Special Class

Line Dancing
Friday, May 23rd 10 am



Fit will be closed for
Memorial Day
Monday, 5/26



1st Sunset Yoga @
Washington Monument State Park
Tuesday 5/13 5:30 - 6:30 pm
Open to Community



Girls Night Out

Thursday May 15th 4-8pm
Fit will have several vendors!

Free Community Day
Wednesday, May 28
Free Access for All!



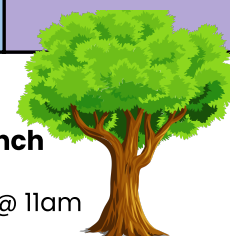
Brown Bag Lunch

@ Shafer Park
Friday, May 30 @ 11am



Boonsboro Farmers Market
Shafer Park

First Market of the season
May 6 4 - 7 pm



Special Class

Yoga for Bone Health
Friday 5/2 & 5/9

