



October 2025

	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 Yoga Flow*	9:30am Stretch & Core**
10:00-11:00 am	10am Yoga*	10am Yoga Strength*	10am Pilates*	10am Yin Yoga*	10am Butts & Guts*	
11:00-12:00 pm	11am Chair*		11am Yoga*			
5:30-6:30 pm	5:30pm Chisel Virtual ONLY Class	5:30pm Cycle And Core	5:30pm Cycle*			
			5:30pm Chisel Virtual ONLY Class			
Contact Us: 301-432-5206 staff.fitinboonsboro@gmail.com	Monday - Thursday 6am - 7pm Friday 6am - 5pm Saturday & Sunday 9am - 1pm		KEY: **=30 minute class *=45 minute class	Kathy Nally Baker Teresa Morgan Madison Nittinger	Kathy Via Google Meet - KKY.acnf-wst	

Special Events this Month @



*Free Community Day
Tuesday, October 28
Free Access for All!*