



November 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 am	8:15am Core Express**	8:15am Core Express**	8:15am Core Express**		8:15am Core Express**	8:30am Barre*
9:00-10:00 am	9am Pilates*	9am Barre*	9am Gentle Yoga*		9am Yoga Flow*	9:30am Yoga Flow
10:00-11:00 am	10am Yoga*	10am Yoga Strength*	10am Pilates*		10am Butts & Guts*	
11:00-12:00 pm	11am Chair	11am Pilates	11am Yoga			
5:30-6:30 pm		5:30pm Cycle And Core	5:30pm Cycle*	5:30pm Pilates		
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		Therese Bason Teresa Morgan Madison Nittinger	

Special Events this Month @



*Free Community Day
Friday, November 28
Free Access for All!*