

April 2026

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|---|---|---|--|--|---------------------------------------|
| 6:00-7:00am | 6:15-7am *Circuit Training <i>Madison</i> | | 6:15-7am *Circuit Training <i>Madison</i> | | 6:15-7am *Circuit Training <i>Madison</i> | |
| 8:00-9:00am | 8:30am **Butts & Guts <i>Sarah</i> | 8:30am Cycle <i>Sarah</i> | 8:30am **Butts & Guts <i>Sarah</i> | 8:30am Cycle <i>Sarah</i> | 8:30am **Strength Express <i>Madison</i> | 8:30am *Barre <i>Therese</i> |
| 9:00-10:00am | 9am *Yoga <i>Therese</i> | 9:30am *Cardio & Strength <i>Sarah</i> | 9am *Cardio & Strength <i>Sarah</i> | 9:30am *Cardio & Strength <i>Sarah</i> | 9am *Yoga Flow <i>Therese</i> | 9:30am Yoga Flow <i>Therese</i> |
| 10:00-11:00am | 10am *Pilates <i>Therese</i> | 10:30am *Yoga Flow <i>Therese</i> | 10am *Pilates <i>Therese</i> | 10:30am *Gentle Yoga <i>Sarah</i> | 10am *Barre <i>Therese</i> | |
| 11:00a-12:00p | 11am Chair Yoga & Strength <i>Therese</i> | 11:30am *Pilates <i>Therese</i> | 11am Gentle Yoga <i>Therese</i> | | 11am Chair Yoga & Strength <i>Therese</i> | |
| 5:30-6:30pm | 5:30pm Cardio & Strength <i>Madison</i> | 5:30pm Cycle and Core <i>Madi</i> | 5:30pm *Cycle <i>Madi</i> | 5:30pm Pilates <i>Therese</i> | | |
| | Hours: Monday - Thursday 6am - 7pm Friday 6am - 5pm Saturday 8am - 1pm Sunday 9am - 1pm | ** 30 minute class * 45 minute class | | Contact us: 301-432-5206 staff.fitinboonsboro@gmail.com  | | |