

October 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>	<i>Begins 10/24</i>
8:30-9:30am	8:30am Pilates <i>Jaclyn</i>	8:45am **Cycle Express <i>Sarah</i>	8:30am Pilates <i>Jaclyn</i>	8:45am **Cycle Express <i>Sarah</i>	<i>Begins 10/23</i>	9:00am Flow and Flex <i>Annette</i>
9:30-10:30am	9:30am *Yoga Flow <i>Jaclyn</i>	9:30am Fit Strength <i>Sarah</i>	9:30am *Yoga Flow <i>Jaclyn</i>	9:30am Fit Strength <i>Sarah</i>	9:30am Circuit Training <i>Annette</i>	
10:30-11:30am	10:30am *Chair Yoga <i>Jaclyn</i>	10:30am *Gentle Yoga <i>Sarah</i>	10:30am *Senior Strength <i>Sarah</i>	10:30am *Gentle Yoga <i>Sarah</i>	10:30am *Senior Strength <i>Annette</i>	
4:30- 5:30pm	4:45pm Cardio & Strength <i>Madison</i>	5:00pm **Core Conditioning <i>Sarah</i>		<i>Begins 10/22</i>		
5:30-6:30pm		5:30pm *Cycle Express <i>Sarah</i>	5:30pm Cycle <i>Julia</i>	5:30pm Strong Pilates <i>Annette</i>		
	Monday - Thursday 6am - 7pm Friday 6am - 6pm Saturday 8am - 1pm Sunday 9am - 1pm		** 30 minute class * 45 minute class		Contact us: 301-432-5206 staff.fitinboonsboro@gmail.com fitinboonsboro.com	