

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:15-9:30 am	8:30am Graceful & Grateful Yoga		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*			
11:00-12:00 pm		11am Chair Fitness*	11am Experienced Tai Chi Practice*	11am Yoga*	11am Chair Fitness*			
12:00-1:00 pm			12pm Tai Chi Part 1* \$ ***4 week series		12pm Tai Chi Part 1* \$ ***4 week series			
5:30-6:30 pm		5:30pm Fit Cardio & Core	5:00pm Yoga @ Shafer Park#	5:30pm Cycle*	5:30pm Fit Cardio & Core*			
		5:30pm Chisel <i>Virtual ONLY Class</i>		5:30pm Chisel <i>Virtual ONLY Class</i>				
<b>Contact Us:</b> 301-432-5206 staff.fitinboonsboro@gmail.com	<b>Hours:</b> Mon - Fri 6am - 8pm Sat & Sun 8am - 1pm <b>Kid Care***</b> Mon - Fri 8:30am - 12pm	<b>KEY:</b> **=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	<div style="border: 2px solid orange; border-radius: 15px; padding: 10px; text-align: center;"> <b>Free Community Day</b>  <b>Monday, October 28th</b>  <b>Free Access for All!</b> </div>			<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center; background-color: #0056b3; color: white;"> <b>SAVE THE DATE</b> </div>

Special Events this Month @



Join us for our **Second Annual Active Aging Week 9/30 - 10/6**  
 Full schedule at the desk & bulletin boards @ Fit - Join us for this Free event



**Book Club**  
**Tuesday, 10/29**  
**1:00 pm**  
**"The Next Always"**  
 by Nora Roberts



**Spooky Spirit Week**  
 Monday 10/28 - Friday 11/1  
 Join in the festive fun!



**Tai Chi**

Part 1 - continues Tue & Thur 12 noon,  
 last class of series, Thursday 10/3

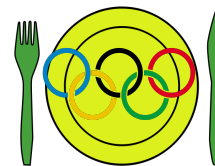


**Experienced Tai Chi Practice #**  
 Now Only on **Tuesdays @ 11 am**

Join us as we continue exploring the postures and principles of Tai Chi, deepening our understanding of this ancient art  
 #Free to Members who have completed Parts 1 &/ or know the form (Yang 24)



**Join Us!**



**Olympic Themed Progressive Dinner**  
**Wednesday, 10/23**  
**4:00 - 6:00 pm**

\*Must sign up in advance\*  
 Rain Date: Thurs. 10/24



MD Fairy Hair is coming this November!  
**Girls Night Out**  
**Thursday November, 21**  
 4-8  
 Walk on the Wild Side!



ACTIVE AGING WEEK  
 VENDOR EVENT  
 APOTHEKE  
 DUJARDIN  
 TINCTURES, TEAS & THINGS  
**THURSDAY, 10/3**  
 8:30 - 12:00 NOON