
 November 2024							
	Sunday	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 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*		
5:30-6:30 pm		5:30pm Fit Cardio & Core	5:30pm Barefoot Balance*	5:30pm Cycle*	5:30pm Fit Cardio & Core*		
		5:30pm Chisel Virtual ONLY Class		5:30pm Chisel Virtual ONLY Class			
Contact Us: 301-432-5206 staff.fitinboonsboro@gmail.com	Hours: Mon - Fri 6am - 8pm Sat & Sun 8am - 1pm Kid Care*** Mon - Fri 8:30am - 12pm	KEY: **=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; padding: 5px; text-align: center;"> Free Community Weekend! Friday, November 29th - Sunday, December 1 Free Access for All! </div>		

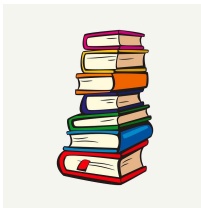
Special Events this Month @ 



Fit in Boonsboro will be Closed for Thanksgiving Thursday, November 28 & NO Classes Friday, November 29



Treat Yourself Facials @ Fit
 Must Sign Up
 11/5 @ 12 pm & 5:30 pm
 11/6 @ 12 pm



Winter Book Club
 12/3 @ 12 noon
The Little Book of Gratitude
 By Dr. Robert Emmons

MD Fairy Hair
 Monday November, 11 3-6



Tai Chi
Experienced Tai Chi Practice #
Continues 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)

Back by Popular Demand Thirsty Thursday
 Returns December 2024



World Diabetes Day
 Thursday, Nov. 14
 6:00 am - 8:00 pm
Wear Blue to enjoy a free day at Fit or just to support this worthy cause.

WALK ON THE WILD SIDE
GIRLS NIGHT OUT
THURSDAY, NOV. 21 4-8PM
JOIN US FOR A WILDLY FUN NIGHT IN BEAUTIFUL DOWNTOWN BOONSBORO

