



December 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 Barefoot*	10am Yin Yoga*	!!12/13 ONLY!! 10am Retro Cardio*	
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	!!ONLY 12/3 & 12/10!! 5:30pm Barefoot Balance*	5:30pm Cycle*	!!ONLY 12/12 & 12/19!! 5:30pm Fit Cardio & Core*		
		5:30pm Chisel <i>Virtual ONLY Class</i>		5:30pm Chisel <i>Virtual ONLY Class</i>			
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	Free Community Day Saturday, December 28 Free Access for All!		 Tai Chi Experienced Tai Chi Practice <i>Continues Tuesdays @ 11 am</i>

Special Events this Month @ *fit in Boonsboro*

Fit in Boonsboro Holiday Hours
Christmas Eve: Tues 12/24 6 am - 3 pm
Christmas: Wed 12/25 CLOSED
Thursday 12/26: No Classes
New Years Eve: Tues 12/31 6 am - 3 pm
New Years Day: Wed 1/1 CLOSED



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

Accountability Group
 Starts 12/2 - 1/4 **Must Sign Up**



Boonsboro Town Events

12/6 - 6:30 pm Olde Tyme Christmas
 12/7 - 10 am Holiday In Boonsboro
 12/12 - 5 - 8 pm Guys Night Out

Get Together @ Potomac Ridge
 Brewing (Sharpsburg Pike)
 Friday, 12/13 5:30 pm



Facials @ Fit

Must Register in Advance
 12/10 @ 12 noon
 12/12 @ 6:30 pm

