



January 2025

	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*		10am Cycle*	
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 Day Tuesday, January 28 Free Access for All! </div>			 Tai Chi Experienced Tai Chi Practice Continues <u>Tuesdays @ 11 am</u>

Special Events this Month @

Fit in Boonsboro Holiday Hours
New Years Eve: Tues 12/31 6 am - 3 pm
New Years Day: Wed 1/1 CLOSED



Special Classes:
 5 Sense Yoga 1/17 @ 10am
 Intro to Pilates 1/24 @ 10am

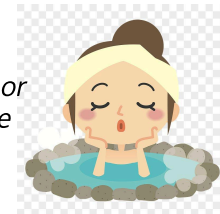
Accountability Group
 Starts 1/6 Must Sign Up

Stay on track with Fit Friends this Season!



Winter Book Club
 1/30 @ 12 noon
 BareFoot Strong by Dr. Emily Splichal

Facials @ Fit
 See the front desk or Renee to schedule



Make Today **AMAZING!**