



# American Heart Month February 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	6:00pm Stretch**	5:30pm Chisel Virtual ONLY Class			
<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; display: inline-block;"> <p><i>Free Community Day Friday, February 28 Free Access for All!</i></p> </div>		

## Special Events this Month @

### National Wear Red Day February 7

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

#WearRedDay  
hearttruth.gov



**February's Book Club**

Atomic Habits  
By: James Clear  
Tuesday, 2/25 @ 12 noon

**CPR Training**  
Saturday, February 8  
9 am - 12 noon

publichealthvector.org

**GAME DAY!**  
Followed by Lunch  
@ Sizzling Fajitas!  
Friday, February 14th  
10 - 11 am

**Facials @ Fit**  
See the front desk or Renee to schedule

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**LOVE**  
Self-Love & Accountability Group  
Starts 2/3  
Sign-up @ the desk today

**Tai Chi**

**Open the Door to Tai Chi**

COMING SOON!

New part 1 Series  
Begins Tuesday March 4  
4 weeks (7 classes)\*  
Tuesdays & Thursdays 12 noon  
\*No Class Thursday 3/20  
\$10 members/\$60 non-members  
(includes access to Fit in March)

Experienced Tai Chi Practice  
Continues Tuesdays @ 11 am