American Heart Month February 2025 Sunday Monday **Tuesday** Wednesday Thursday Friday Saturday 8:15am Cycle & Core* 8:15am Cycle & Core* 8:15-9:30 am 8:15am Cycle* 8:30am Cycle* 9am Fit Strength 9am Fit Strength 9:30am Stretch & 9:00-10:00 am 9am Fit Strength* 9am Fit Strength* 9am Barefoot* and Movement* and Movement* Core** 10:00-11:00 am 10am Yoga* 10am Yoga Strength* 10am Barefoot* 10am Yin Yoga* 10am Cycle* 11am Experienced 11:00-12:00 pm 11am Chair Fitness* 11am Yoga* 11am Chair Fitness* Tai Chi Practice* 5:30pm Fit Cardio & 5:30pm Barefoot 5:30pm Cycle* Core 5:30pm Fit Cardio & 5:30-6:30 pm Balance** Core* 5:30pm Chisel 5:30pm Chisel BoonsBoro6:00pm Stretch** Virtual ONLY Class Virtual ONLY Class Hours: KEY:

Kathy Via Gooale

tomic

Habits

Meet - KKY.acnf-wst

Special Events this Month @

FEBRUARY





Mon - Fri 6am -

Sat & Sun 8am

Mon - Fri 8:30am - 12pm

Kid Care***

ma8

1pm

of death in the U.S. Know your risk and protect your heart.

February 7



Contact Us:

301-432-5206

o@amail.com

staff.fitinboonsbor





#WearRedDay

*=30 minute class

*=45 minute class

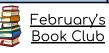
\$=Additional Charge

#=outdoors - please

dress for the weather







In Studio & Zoom

ID #: 502-702-1716

with Renee

Password:

YogaRenee

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

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



Accountability Group Starts 2/3 Sign-up @ the desk today Free Community Day Friday, February 28 Free Access for AU!





CPR Training

Saturday, February 8 9 am - 12 noon

©

Tai Chi

Open the Door to Tai Chi



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

