



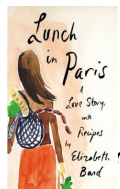
April 2025

	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 Pilates*	10am Yin Yoga*	10am Special Classes*	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 Chisel Virtual ONLY Class	5:30pm Barefoot Balance** 6:00pm Stretch**	5:30pm Cycle* 5:30pm Chisel Virtual ONLY Class	5:30pm Cycle & Core*		
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	

Special Events this Month @

April's Book Club

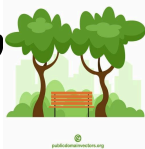
National Afternoon Tea Month



Lunch In Paris
By: Elizabeth Bard



Tuesday, April 29
12 noon



@ Shafer Park



Join us for the 1st Brown Bag Lunch of the Year!!



Fit will be closed for Easter Sunday, 4/20

Special Class



Line Dancing with Cindy
Friday, 4/4 10 am



Free Community Day
Monday, April 28
Free Access for All!



Special Class

Yoga for Bone Health
Fridays 4/11 & 4/18 10 am



Clean Earth Challenge
Litter Free Boonsboro
Friday, April 25 @ 10 am
Meet at Fit & help clean our community.

