

# Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 AM Triple Play		7:00 AM Triple Play			8:00 AM Cardio
9:00 AM Cycle	9:00 AM BODYPUMP	9:00 AM Triple Play	9:00 AM Cycle/Strength	9:00 AM BODYPUMP	9:00 AM Barre	9:30 AM BODYPUMP
	10:30 AM Barre	10:30 AM Active Adult	10:30 AM Gentle Yoga	10:30 AM Active Adult		
	5:00 PM BODYPUMP	5:00 PM Cycle	5:00 PM BODYPUMP	5:00 PM Cardio		
	6:30 PM Jazzercise	**6:30 PM Yoga	6:30 PM Jazzercise			

\*\*Starting 1.19.2021

### Club Hours

M&W 7AM - 9:30PM  
Tu&Th 7AM - 10PM  
F 7AM - 9PM  
Sa 8AM - 6PM  
Su 9AM - 5PM

### Nursery Hours \*with reservation\*

M-F 8:30AM - 12PM  
M-F 4PM - 7PM  
Sa 8AM - 12PM

\*Please call to reserve\*

## Register for classes

GO TO [WWW.CHESTNUTFORKS.COM](http://WWW.CHESTNUTFORKS.COM)  
OR DOWNLOAD THE CF APP.

- Les Mills BODYPUMP™
- Cycle
- Yoga
- Barre
- Triple Play
- Cardio
- Active Adult
- Jazzercise\*

\*Additional Fee Applies

# Fitness Class Descriptions



## Active Adult

The Active Adult class format focuses on exercises that maintain a strong and healthy body with emphasis on strength, balance, coordination, stamina, posture, agility, and fall prevention.



## Barre

Lengthen and strengthen your body in this class. Barre is a fun, dance inspired class that incorporates elements of Pilates, ballet, yoga, and functional training. The concept of muscle fatigue in a low impact fashion will maximize your results!



## Les Mills BODYPUMP™

BODYPUMP™ is the original barbell class that shapes, tones, and strengthens your entire body. Using light to moderate weights, you will burn calories, increase core strength, and improve bone health.



## Cardio

Cardio class provides total body conditioning of your entire body and cardiovascular strength! We will keep you moving throughout this class using jump ropes, steps, ladders, and more for a fun and energetic format.



## Cycle

A high energy class, including intervals, climbs, and descents on the bike to deliver a full-body workout. Cycle/Strength will improve your cardiovascular and muscle endurance with a 40 minute ride and a 20 minute strength portion.



## Jazzercise

Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, Jazzercise will get your heart pumping and your feet moving. Burning calories has never been so fun. Additional cost applies.



## Triple Play

Triple Play has a little bit of everything! It includes sets of low impact cardio, strength, and core. This class utilizes different pieces of equipment to achieve overall muscle and cardio endurance.



## Yoga

A yoga format designed to link several poses together to create strength, flexibility, endurance, and balance. Gentle Yoga introduces poses with an option of a chair for balance and support.