

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Cycle/Strength		X-Training		LesMills Body Pump		
8:30 am					Cycle 30 Minutes	8:15 Cardio	
9:15 am	LesMills Body Pump	X-Training	Cycle 30 Minutes	LesMills Body Pump	Basic Barre	9:30 LesMills Bodypump	
9:30 am			9:50 Strength 30 Minutes				
10:25 am			Core 30 Minutes				10:30 am Cycle (55 Min)
11:00 am	Active Adult	Gentle Yoga		Active Adult	Chair Yoga		
4:15 pm	Cycle/Barre	X-Training	X-Training	Cycle/Strength			
5:45 pm	Cardio	LesMills Body Pump	Cycle/Stretch (45 Min)	LesMills Body Pump	2nd Friday Challenge Class		
7:00 pm	Yoga (75 Min)						



Group Exercise Class Schedule
 Classes are one hour unless marked!
CHESTNUT FORKS
www.chestnutforks.com
 540-347-0823



2017
Fall Schedule