

LIFELINES GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Cycle/Strength		X-Training		LesMills Body Pump		
8:30 am		*Express Fitness for Tennis		*Express Fitness for Tennis	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				Cycle (55 Min)
10:25 am	*Express Stretch & Mobility	*Express Barre	Core 30 Minutes	*Express TRX	*Express HIIT		
11:00 am	Active Adult	Gentle Yoga	**Cybex & TRX	Active Adult	Chair Yoga		
4:15 pm	Cycle/Barre	X-Training	X-Training	Cycle/Strength	**Aerial Fitness (Studio downstairs)		
5:45 pm	Cardio	LesMills Body Pump	Cycle/Stretch (45/15 Min.)	LesMills Body Pump	5:45 P.M. 2 nd Friday Challenge Class		
7:00 pm	Yoga (75 Minutes)						



Group Exercise Class Schedule
2018
Classes are one hour unless marked!
CHESTNUT FORKS
www.chestnutforks.com
540-347-0823



SPECIALTY CLASSES

Sign Up Required
Express (30 Minutes)

*\$10 \$15 (non member)
**\$20 \$25 (non member)