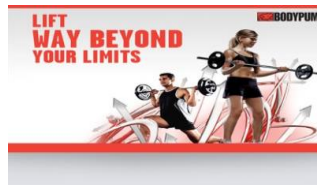


LIFELINES GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Cycle/Strength		Triple Play 15 min low impact cardio 15 min strength 15 min core		LesMills Body Pump		
8:30 am					Cycle 30 Minutes	8:15 Cardio	
9:15 am	LesMills Body Pump	Triple Play 15 min low impact cardio 15 min strength 15 min core	Cycle 30 Min	LesMills Body Pump	Basic Barre	9:30 LesMills Body Pump	
9:30 am			9:50 Strength 30 Min				Cycle (55 Min)
10:25 am	*Express Stretch & Mobility	*Express Barre	Core 30 Min		*Express HIIT		
11:00 am	Active Adult	Gentle Yoga	*TRX	Active Adult	Chair Yoga		
4:15 pm	Cycle/Barre	Triple Play 15 min low impact cardio 15 min lower body strength 15 min core	Triple Play 15 min low impact cardio 15 min upper body strength 15 min core	Cycle 45 Min	**Aerial Fitness (Studio downstairs)		
5:45 pm	Cardio	LesMills Body Pump	Cycle/Stretch (45/15 Min.)	LesMills Body Pump			
7:00 pm	Yoga (75 Minutes)						



Group Exercise Class Schedule
 Summer 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)