

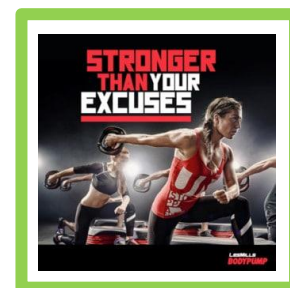


GROUP EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	<i>Cycle/Strength</i>		Triple Play		LES MILLS BODY PUMP		
8:30 am		<i>Barre Express 30 Minutes</i>			<i>Cycle 30 Minutes</i>	8:15 <i>Total Body Conditioning</i>	
9:15 am	LES MILLS BODY PUMP	Triple Play	<i>Cycle 30 Minutes</i>	LES MILLS BODY PUMP	<i>Barre Basics</i>	9:30 LES MILLS BODY PUMP	
10:00 am			9:50 Strength 30 Minutes				<i>Cycle (9:30 until Sept. 9)</i>
10:25 am			Core 30 Minutes				
11:00 am	<i>Active Adult</i>	<i>Gentle Yoga</i>		<i>Active Adult</i>	<i>Chair Yoga</i>		
4:15 pm	Triple Play	<i>Cycle/Strength</i>	Triple Play	<i>Cycle/Strength</i>			
5:45 pm	<i>Total Body Conditioning</i>	LES MILLS BODY PUMP	<i>Cycle/Stretch</i>	LES MILLS BODY PUMP	Challenge Class 2nd Friday of every month		
7:00 pm	<i>Yoga (75 Minutes)</i>						



Classes are one hour unless marked.
 Questions?
 Contact Sarah Young, Fitness Coordinator at
sarah@chestnutforks.com
www.chestnutforks.com
 540-347-0823





GROUP EXERCISE CLASS SCHEDULE



Classes are one hour unless marked.
Questions?
Contact Sarah Young, Fitness Coordinator at
sarah@chestnutforks.com
www.chestnutforks.com
540-347-0823

