



GROUP EXERCISE CLASS SCHEDULE

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



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

Club Hours:
 Monday, Wednesday, and Friday
 5:00 Am – 10:00 PM
 Tuesday and Thursday
 5:30 AM – 10:00 PM
 Saturday 8:00 AM – 6:00 PM
 Sunday 9:00 AM – 6:00 PM





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