



# CHESTNUT FORKS GROUP EXERCISE CLASS SCHEDULE

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



Questions? Contact Sarah Young,  
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[www.chestnutforks.com](http://www.chestnutforks.com)

Club Hours:  
Mon., Wed., and Fri.  
5:00 AM – 9:30 PM  
Tues. and Thurs.  
5:30 AM – 10:00 PM  
Sat. 8:00 AM – 6:00 PM  
Sun. 9:00 AM – 6:00 PM

Nursery Hours:  
Mon. - Fri.  
8:30 AM – 12:30 PM  
Mon. - Thurs.  
4:00 PM – 7:00 PM  
Fri. 4:00 PM – 7:30 PM  
Sat. 8:00 AM – 12:00 PM

