



CHESTNUT FORKS 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		8:00 am <i>Jazzercise</i>		8:00 am <i>Jazzercise</i>	<i>Cycle 30 Minutes</i>	8:15 am <i>Total Body Conditioning</i>	8:00 am <i>Jazzercise</i>
9:15 am	LES MILLS BODYPUMP	Triple Play	<i>Cycle/Strength Core 75 minutes</i>	LES MILLS BODYPUMP	<i>Barre</i>		
9:30 am						LES MILLS BODYPUMP	<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	<i>Jazzercise</i>	<i>Cycle/Strength</i>	<i>Jazzercise</i>	<i>Cycle/Strength</i>			
5:45 pm	<i>Total Body Conditioning</i>	LES MILLS BODYPUMP	<i>Cycle/Stretch</i>	LES MILLS BODYPUMP			
6:45 pm		<i>Jazzercise</i>	<i>Barre</i>	<i>Jazzercise</i>			
7:00 pm	<i>Yoga 75 Minutes</i>						



Questions? Contact Sarah Young,
Fitness Director at Chestnut Forks
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540-347-0823
sarah@chestnutforks.com
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

