

Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 AM Triple Play		7:00 AM Triple Play			8:00 AM Cardio Blast
9:00 AM Cycle	9:00 AM BODYPUMP	9:00 AM Triple Play	9:00 AM Cycle/Strength	9:00 AM BODYPUMP	9:00 AM Barre	9:30 AM BODYPUMP
	10:30 AM Barre	10:30 AM Active Adult	10:30 AM Gentle Yoga	10:30 AM Active Adult	10:30 AM Gentle Yoga	
	5:45 PM BODYPUMP	5:45 PM Cycle	5:45 PM Cardio Blast	5:45 PM BODYPUMP	5:45 PM CHALLENGE	

↶ 2nd Friday of every month ↷

60 min class

75 min class

Club Hours

M,W,F 7AM - 9:30PM
Tu&Th 7AM - 10PM
Sa 8AM - 6PM
Su 9AM - 5PM

Nursery Hours

Available with Reservation

M-F 8:30AM - 12PM
M-F 4PM - 7PM
Sa 8AM - 12PM

Please call to reserve

Register for classes

GO TO WWW.CHESTNUTFORKS.COM
OR DOWNLOAD THE CF APP

- Les Mills BODYPUMP™
- Cycle
- Yoga
- Barre
- Triple Play
- Cardio
- Active Adult
- Challenge

Fitness Class Descriptions



Active Adult

The Active Adult class format focuses on exercises that maintain a strong and healthy body with emphasis on strength, balance, coordination, stamina, posture, agility, and fall prevention.



Barre

Lengthen and strengthen your body in this class. Barre is a fun, dance inspired class that incorporates elements of Pilates, ballet, yoga, and functional training. The concept of muscle fatigue in a low impact fashion will maximize your results!



Les Mills BODYPUMP™

BODYPUMP™ is the original barbell class that shapes, tones, and strengthens your entire body. Using light to moderate weights, you will burn calories, increase core strength, and improve bone health.



Cardio Blast

Cardio Blast provides total body conditioning of your entire body while improving your cardiovascular strength! We will keep you moving throughout this class using jump ropes, steps, ladders, and more for a fun and energetic format.



Challenge Class

Join us for a full body challenge on the 2nd Friday of every month. With good music, fun moves, and good friends, you won't even realize you've been working out for 75 minutes.



Cycle/Cycle Strength

Cycle is a high energy class that intervals, climbs, and descents on the bike to deliver a full-body cardiovascular workout.

Cycle/Strength will improve your cardiovascular and muscle endurance with a 40 minute ride and a 20 minute strength portion.



Triple Play

Triple Play has a little bit of everything! It includes sets of low impact cardio, strength, and core. This class utilizes different pieces of equipment to achieve overall muscle and cardio endurance.



Gentle Yoga

A yoga format designed to link several poses together to create strength, flexibility, endurance, and balance. Gentle Yoga introduces poses with an option of a chair for balance and support.