



Body Pump

This 60 minute workout challenges all your major muscle groups by using the best weight room exercises! Burn up to 600 calories per class!
Build muscle strength and tone.

Total Body Boot Camp

Increase cardiovascular and muscular endurance. Class utilizes all of our equipment to achieve overall muscle and aerobic endurance with an emphasis on core training and balance.

Cardio-Crazy

This 75 minute class will truly test your cardio endurance! Start your week with this fun, energetic format.

M3 Ride/Indoor Cycle

It's all about the bike! Challenge your cycling endurance and learn how to maintain your target heart rate for a high calorie burning workout! Please bring a water bottle with you; you will need it! This class is a 45 minute ride with a 15 minute cool down. Class is limited to first 14 participants.

Active Adult

Class focus is on exercises that maintain a healthy body with emphasis on strength, balance, coordination, stamina, posture, agility and fall prevention.

Strength & Core

Class is designed to achieve muscle tone and definition and develop core strength.

Pilates Express

Improve posture, balance, strength and flexibility during this 30 minute class!

Yoga

The practice of yoga is a wonderful way to stretch, strengthen, and relax both the mind and the body. A great escape from the stress of our busy lives.

Gentle Yoga

A yoga format designed to link several poses together to create strength, flexibility, endurance and balance.

TRX/Core

Suspension training - focusing on Core and balance in a 30 minute class.

540-347-0823

www.chestnutforks.com