

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6:00 am</b>	M3 Ride/ Strength & Core		Total Body Boot Camp		Boot Camp or <b>Body Pump</b>		
<b>8:15 am</b>						Total Body Boot Camp	
<b>9:00 am</b>	M3 Ride 30 minutes	M3 Ride 30 minutes	<b>9:15</b> Total Body Boot Camp	M3 Ride 30 minutes	M3 Ride 30 minutes		
<b>9:45 am</b>	<b>Body Pump</b>	TRX/Core 30 minutes		TRX/Core 30 minutes	<b>Body Pump</b>	Yoga 75 minutes	
<b>10:15 am</b>		Pilates Express 30 minutes		Pilates Express 30 minutes			<b>10:30am</b> M-3 Ride Strength & Core
<b>11:00 am</b>	Active Adult	Chair Yoga		Active Adult	Gentle Yoga		
<b>4:15 pm</b>	Total Body Boot Camp	M3 Ride Indoor Cycle	<b>Body Pump</b>	M3 Ride Express			
<b>4:45 pm</b>				Express Body Boot Camp			
<b>5:00 pm</b>					M3 Ride 30 minutes		
<b>5:30 pm</b>					Strength & Core 30 minutes		
<b>5:45 pm</b>	Cardio Crazy 75 minutes	<b>Body Pump</b>	M3 Ride Indoor Cycle	<b>Body Pump</b>	75 minutes Challenge Class! 1 <sup>st</sup> Friday of Every Month		
<b>7:15 pm</b>	Yoga						

**THE BODY SHOP**  
**Group Exercise Class Schedule**

CHESTNUT FORKS TENNIS  
AND FITNESS CLUB

[www.chestnutforks.com](http://www.chestnutforks.com)

540-347-0823



\* ALL CLASSES ARE ONE HOUR (UNLESS MARKED)  
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