



CHESTERFIELD GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00AM	YOGA Studio - Deborah		YOGA Studio - Deborah			YOGA Studio - Deborah
10:00-11:00AM	SILVER SNEAKERS Studio - Betsy			SILVER SNEAKERS Studio - Betsy		
11AM-12:00PM						TOTAL BODY FUSION Studio
4:30-5:30PM			CYCLING Studio			
5:45-6:30PM				STEP AEROBICS Studio		
5:30-6:30PM	CYCLING Studio	KETTLEBELL DANCE FITNESS		DANCE FITNESS Studio		
6:00-6:45PM	MUSCLE MAMAS Studio			HOURS OF OPERATION: MONDAY-THURSDAY: 5AM-9PM SATURDAY: 9AM-3PM FRIDAY: 5AM-6PM SUNDAY: 1PM-5PM		

Studio

Pilates: This mat-based Pilates class focuses on strengthening the core, improving flexibility, and enhancing balance through controlled, mindful movements.

Stretch: Start your day with a refreshing stretch and flexibility workout designed to wake up your muscles and increase mobility.

Muscle Mamas: A low-impact body sculpting class that targets major muscle groups. Ideal for all fitness levels looking to tone and build strength.

Total Body Fusion: A bootcamp-style group fitness class designed for all fitness levels. Expect a mix of cardio, core work, body conditioning, and strength training to improve heart health, burn fat, and build total-body fitness.

Yoga

Classic Yoga: A multi-level yoga class suitable for all. Sequences emphasize strength, flexibility, and balance, leaving you feeling energized and refreshed.

Senior

Silver Sneakers: A fun, low-impact class designed to improve strength, flexibility, balance, agility, and coordination. Great for enhancing everyday functionality and overall wellbeing.

Cycling

Indoor Cycling: Indoor Cycling is a high-energy class with bikes available on a first-come, first-served basis. Participants are encouraged to arrive at least 10 minutes early for proper setup and adjustments, and new riders should inform the instructor for assistance. Riders should not replace pedals with their own, and it's important to ensure all bike adjustments are secure before riding. After class, please wipe down your bike and the surrounding floor area; cleaning supplies are provided in the room. Towels are recommended for those who sweat heavily. Please note that there is a height requirement to participate.