



CHESTNUT FORKS GROUP EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	<i>Cycle/Strength</i>	<i>Jazzercise</i>	Triple Play	<i>Jazzercise</i>	LES MILLS BODYPUMP		
8:00 am	<i>Jazzercise</i>		<i>Jazzercise</i>		8:30 am <i>Cycle</i> 30 Minutes	8:15 am <i>Total Body</i> <i>Conditioning</i>	<i>Jazzercise</i>
9:15 am	LES MILLS BODYPUMP	Triple Play	<i>Cycle/Strength</i> Core 75 minutes	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>		
4:15 pm	4:30 pm <i>Jazzercise</i>	<i>Cycle/Strength</i>	4:30 pm <i>Jazzercise</i>	Triple Play			
5:45 pm	<i>Total Body</i> <i>Conditioning</i>	LES MILLS BODYPUMP	<i>Cycle/Stretch</i>	LES MILLS BODYPUMP	Challenge Class 2nd Friday of every month		
6:45 pm		<i>Jazzercise</i>		<i>Jazzercise</i>			
7:00 pm	<i>Yoga</i> 75 Minutes						



Questions? Contact Sarah Young,
Fitness Director at Chestnut Forks
6379 Airlie Road
Warrenton, VA 20187
540-347-0823
sarah@chestnutforks.com
www.chestnutforks.com

Club Hours:
Mon., Wed. & Fri.
5:00 AM – 9:30 PM
Tues. & Thurs.
5:30 AM – 10:00 PM
Sat. 8:00 AM – 6:00 PM
Sun. 8:00 AM – 6:00 PM

Nursery Hours:
Mon. - Fri.
8:30 AM – 12:30 PM
Mon. - Fri.
4:00 PM – 7:00 PM
Sat. 8:00 AM – 12:00 PM





Active Adult

Class focus is on exercises that maintain a 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, dance, yoga, and functional training. The concept of muscle fatigue in a low impact fashion will maximize your results!

LES MILLS BODY PUMP

This 60 minute workout challenges all major muscle groups by using the best weight room exercises! You will burn up to 600 calories per class while building muscle strength and tone.

Chair Yoga

The practice of chair yoga is a wonderful way to stretch, strengthen, and relax both the mind and the body. In this class, we will focus on strength, stability, and balance.

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. Stay for food, fun, and friendship after the class.

Cycle

It's all about the bike! Challenge your cycling endurance for 55 minutes and learn how to maintain target heart rate for a high calorie burning workout.

Cycle/Strength

Get your cardio and weight training in one class! Cycle for 30 minutes. Then, get a 30 minute strength workout using TRX and weights and TRX to work your upper and lower body.

Cycle/Strength/Core

This 75 minute class is your cycle/strength with an added core component. Come for just the cycle portion or stay for a complete cardio and strength workout.

Cycle/Stretch

Want a long ride? This class will challenge you with a 45 minute ride followed by a much needed 15 minute stretch for those tight muscles.

Jazzercise

Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training. Additional cost applies.

Total Body Conditioning

This class will work your entire body and your cardiovascular strength! With 35 minutes of cardio, we will keep you moving throughout this class using jump ropes, steps, ladders, and more for a fun and energetic format.

Triple Play

Try this class that includes 15 minute sets of low impact cardio, strength, and core. Class utilizes different pieces of equipment to achieve overall muscle and cardio endurance.

Yoga/Gentle Yoga

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