




# 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>         | <b>LES MILLS BODYPUMP</b>   |   |                   |
| 8:00 am  | <i>Jazzercise</i>              |   | <i>Jazzercise</i>                           |                           | 8:30 am<br><i>Cycle</i><br>30 Minutes                               | 8:15 am<br><i>Total Body Conditioning</i> | <i>Jazzercise</i> |
| 9:15 am  | <b>LES MILLS BODYPUMP</b>      | Triple Play   | <i>Cycle/Strength</i><br>Core<br>75 minutes | <b>LES MILLS BODYPUMP</b> | <i>Barre</i>  |   |                   |
| 9:30 am  |                                | 10:25 am<br><br>30 Minutes |   |                           |   | <b>LES MILLS BODYPUMP</b>                 | <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<br><i>Jazzercise</i>   | <i>Cycle/Strength</i>   | 4:30 pm<br><i>Jazzercise</i>                | Triple Play               |   |   |                   |
| 5:45 pm  | <i>Total Body Conditioning</i> | <b>LES MILLS BODYPUMP</b>   | <i>Cycle/Stretch</i>                        | <b>LES MILLS BODYPUMP</b> | <i>Barre</i><br><b>Challenge Class</b><br>2nd Friday of every month |   |                   |
| 6:45 pm  |                                | <i>Jazzercise</i>   |   | <i>Jazzercise</i>         |   |   |                   |
| 7:00 pm  | <i>Yoga</i><br>75 Minutes      |   |   |                           |   |   |                   |



Questions? Contact Sarah Young,  
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Club Hours:  
Mon., Wed. & Fri.  
5:00 AM – 9:30 PM  
Tues. & Thurs.  
5:30 AM – 10:00 PM  
Sat. & 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 of Active Adult 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, 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.

### **Challenge Class**

Join us for a full body challenge on the 2<sup>nd</sup> 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 strength training in this one hour class. Cycle for 30 minutes and then grab some weights, cords, or bands 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 to keep those muscles loosened and ready for your next workout.

### *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*

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



A new category of exercise for all fitness levels that leverages your bodyweight and gravity using the TRX Suspension System to develop strength, balance, flexibility, and core stability simultaneously. Looking for a new challenge, try this 30 minute TRX class that will work your muscles in a completely different way.

### *Yoga/Gentle Yoga/Chair Yoga*

A yoga format designed to link several poses together to create strength, flexibility, endurance, and balance. Chair Yoga introduces poses while using a chair for balance and support.