



CHESTNUT FORKS GROUP EXERCISE CLASS SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---|--|---------------------------------------|---|------------------------------|--|---------------------------|
| 7:00 am | Triple Play Tom | | Triple Play Paola | | | | |
| 8:00 am | | | | | | Total Body Conditioning Langdon | |
| 9:00 am | LES MILLS BODYPUMP Sarah Y. | Triple Play Paola/Barbara | <i>Cycle</i> Tom/Marie/ Barbara | LES MILLS BODYPUMP Paola <hr/> Triple Play Sarah Y./Barbara | <i>Barre</i> Sarah Y. | | <i>Cycle</i> Tom/Marie |
| 9:30 am | | | | | | LES MILLS BODYPUMP Paola | |
| 10:30 am | <i>Barre</i> Sarah Y. | <i>Active Adult</i> Chip | <i>Gentle Yoga</i> Nicole | <i>Active Adult</i> Chip | <i>Gentle Yoga</i> Nicole | | |
| 6:00 pm | <i>Jazzercise</i> | LES MILLS BODYPUMP Sarah Y./Sarah M. | <i>Jazzercise</i> | Total Body Conditioning Langdon | | | |

All classes will be held outside, weather permitting. Please bring your own water, mat, and weights if possible.

Schedule effective as of July 1, 2020 and is subject to change.



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

Club Hours:
Sunday 9 AM - 5 PM
Monday - Thursday
7 AM - 8 PM
Friday 7 AM - 7 PM
Saturday 8 AM - 6 PM

Nursery Hours:
Monday - Saturday
8:00 AM to 12:00 PM
Sunday - Closed



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.

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.

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.

Gentle 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.