



CHESTNUT FORKS GROUP EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am	Triple Play		Triple Play				
8:15 am						Total Body Conditioning 45 minutes	
9:00 am	Triple Play	LES MILLS BODYPUMP	<i>Cycle</i>	LES MILLS BODYPUMP	<i>Barre</i>		<i>Cycle</i>
9:30 am						LES MILLS BODYPUMP	
10:30 am	<i>Barre</i>	<i>Active Adult</i>	<i>Gentle Yoga</i>	<i>Active Adult</i>			
5:00 pm	LES MILLS BODYPUMP	<i>Cycle</i>	LES MILLS BODYPUMP	Total Body Conditioning	Challenge Class (2 nd Friday of every month) 75 minutes		
6:30 pm	<i>Jazzercise</i>		<i>Jazzercise</i>				

* Classes will be held outside, weather permitting. It is the instructor's discretion on moving the class inside, but if the temperature is below 40°F, class will be taught in the fitness room. Please bring a bottle of water and, if possible, a mat. Please register for classes on CF Website or App. *



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:
Sunday 9 AM - 5 PM
Monday & Wednesday
7 AM - 9:30 PM
Tuesday & Thursday
7 AM - 10 PM
Friday 7 AM to 8 PM
Saturday 8 AM - 6 PM

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





Active Adult

The Active Adult class format focuses 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 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 social hour after class and enjoy food, drinks, and fun with your fellow members!

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.

Gentle Yoga

A yoga format designed to link several poses together to create strength, flexibility, endurance, and balance. Gentle Yoga introduces poses with an option of a chair for balance and support.

Jazzercise

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

Total Body Conditioning

Total Body Conditioning will work your entire body and your cardiovascular strength! We will keep you moving throughout this class using jump ropes, steps, ladders, and more for a fun and energetic format.

Triple Play

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