

Group Fitness Schedule

Sunday Wednesday **Thursday Monday Tuesday Friday** Saturday 7:00 AM 7:00 AM riple Play riple Play 8:00 AM 8:00 AM 8:00 AM Cardio Blast Total Body Reset Vinyasa Flow 9:00 AM 9:00 AM 9:00 AM 9:00 AM 9:00 AM 9:15 AM 4 9:00 AM **BODYPUMP** Triple Play Cycle **BODYPUMP** Cycle/Strength **BODYPUMP Barre** 10:30 AM 10:30 AM 10:30 AM 10:30 AM 10:30 AM 10:30 AM Low-Impact Active Adult Gentle Yoga **Active Adult** Gentle Yoga Barre **Cross Train** 50 min class 4:30 PM 4:30 PM Active Adult 60 min class

75 min class



HIIT



Barre



5:45 PM Cycle







5:45 PM Cycle/Strength

5:45 PM

CHALLENGE



Les Mills **BODYPUMP™**



Barre

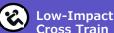














Yoga

REQUEST YOUR ONLINE LOGIN AND GO TO

CHESTNUTFORKS.CLUBAUTOMATION.COM OR DOWNLOAD THE CF APP

2nd Friday of every month

Chestnut Forks Tennis, Fitness & Swim 6379 Airlie Road ° Warrenton, VA 20187 540-347-0823 ° www.chestnutforks.com

5:45 PM

7:00AM - 9:30PM

8:00AM - 6:00PM

9:00AM - 6:00PM

BODYPUMP

Club Hours:

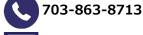
Monday - Friday

Saturday

Sunday







Fitness Coordinator pproctor68@gmail.com



Fitness Class Descriptions



Active Adult focuses on exercises that maintain a strong and healthy body with emphasis on strength, balance, coordination, stamina, posture, agility, and fall prevention.



Barre is a fun, dance inspired class that incorporates elements of Pilates, ballet, yoga, and functional training. Lengthen and strengthen your body using the concept of muscle fatigue in a low impact fashion all designed to maximize results.



Les Mills 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.



Cardio Blast provides total body conditioning of your entire body while improving your cardiovascular strength! We will keep you moving throughout this class using jump ropes, steps, ladders, and more for a fun and energetic format.



Challenge Class is a high-intensity workout designed to push your body to its fullest potential. With good music, fun moves, and good friends, you won't realize you've been working out for 75



Cycle is a high energy class that incorporates intervals, climbs, and descents on the bike to deliver a full-body cardiovascular workout.



Cycle/Strength will improve your cardiovascular and muscle endurance with a 40 minute ride and a 20 minute strength portion.



Gentle Yoga links several poses together to create strength, flexibility, endurance, and balance, all with an option of a chair for extra support.



Low-Impact Cross Train incorporates different types of movements and exercises into a full-body, low-impact workout using a variety of equipment.



HIIT is high intensity interval training. It incorporates several rounds of exercise alternating between high intensity movements designed to raise the heart rate followed by shorter segments of low intensity movements that bring the heart rate down.



Total Body Reset is an alignment-based, heart-centered practice that is playfully designed to develop strength and flexibility in body and mind. All levels are encouraged to attend!



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.



Vinyasa Flow is a type of yoga that links movement and breath to attain balance in the mind and body. Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow.