



Group Fitness Schedule

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



7:45 AM
Vinyasa Flow



9:00 AM
Cycle



9:00 AM
BODYPUMP



10:30 AM
Low-Impact
Cross Train



9:00 AM
Triple Play



10:30 AM
Active Adult



9:00 AM
Cross Train



10:30 AM
Gentle Yoga



9:00 AM
BODYPUMP



10:30 AM
Active Adult



9:00 AM
Triple Play



10:30 AM
Gentle Yoga



8:00 AM
Cardio Blast



9:15 AM
BODYPUMP



10:30 AM
Barre

50 min class

60 min class

75 min class



5:45 PM
BODYPUMP



4:30 PM
PITAIYO
5:45 PM
Cycle



4:30 PM
Barre



5:45 PM
Cardio Blast



4:30 PM
Pilates



5:45 PM
BODYPUMP



5:45 PM
Cycle/Strength



5:45 PM
CHALLENGE

2nd Friday of
every month

Club Hours:

Monday- Friday

7:00AM - 9:30PM

Saturday

8:00AM - 6:00PM

Sunday

9:00AM - 6:00PM

**REQUEST YOUR ONLINE LOGIN
AND GO TO**

**CHESTNUTFORKS.CLUBAUTOMATION.COM
OR DOWNLOAD THE CF APP**



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



@chestnutforks1



chestnut_forks

Contact
Pam Proctor
Fitness Coordinator

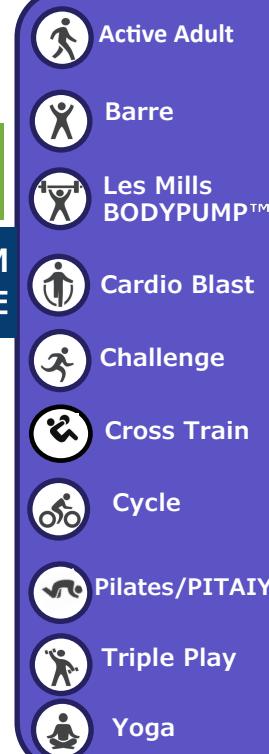


703-863-8713



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Effective January 2026



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 full body workout that incorporates elements of Pilates, 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 minutes.

 **Cross Train** incorporates different types of movements and exercises into a full-body workout using a variety of equipment. The low-impact class incorporates gentle exercises that exert less force on joints.

 **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.

 **Pilates** is a guided session focused on controlled movements, core strength, flexibility, and body awareness. This calm and intentional class has an emphasis on breathing and precision rather than speed or intensity.

 **PITAIYO** combines three disciplines: Pilates, tai chi, and yoga. It focuses on mobility, strength, core, flexibility, and mindfulness.

 **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.