

Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	7:45 AM Vinyasa Flow					8:00 AM Cardio Blast
9:00 AM Cycle	9:00 AM BODYPUMP	9:00 AM Triple Play	9:00 AM Cross Train	9:00 AM BODYPUMP	9:00 AM Triple Play	9:15 AM BODYPUMP
	10:30 AM Low-Impact Cross Train	10:30 AM Active Adult	10:30 AM Gentle Yoga	10:30 AM Active Adult	10:30 AM Gentle Yoga	10:30 AM Barre

- 50 min class
- 60 min class
- 75 min class

	4:30 PM PITAIYO	4:30 PM Barre	4:30 PM Pilates	
5:45 PM BODYPUMP	5:45 PM Cycle	5:45 PM Cardio Blast	5:45 PM BODYPUMP	5:45 PM Cycle/Strength
				5:45 PM CHALLENGE

- Active Adult
- Barre
- Les Mills BODYPUMP™
- Cardio Blast
- Challenge
- Cross Train
- Cycle
- Pilates/PITAIYO
- Triple Play
- Yoga

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

1st Friday of every month

Chestnut Forks Tennis, Fitness & Swim
 6379 Airlie Road ° Warrenton, VA 20187
 540-347-0823 ° www.chestnutforks.com
 @chestnutforks1 chestnut_forks

Contact 703-863-8713
 Pam Proctor
 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 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.