

NEW EVENING CLASS FORMAT

800 Waterloo Road
Warrenton, VA 20186
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PRICES

Fitness Classes are FREE and UNLIMITED for Members

(Excludes Specialty Classes)

Non-Member Drop-In Fee*: \$9.00

Non-Member 15 Punch Pass Fee*: \$120.00

* Each pass is good for one Group Fitness class and does not include use of the facility before or after your class.

POLICIES

- Children 13 & older are permitted in Group Fitness Classes (only ages 16 & older are permitted in Body Pump classes). Child care is available. Please see the Front Desk staff for details.
- Space and equipment in classes are allocated on a first come, first served basis. Please arrive at least 5 minutes early to set up your space and equipment.
- Please wipe down equipment with wipes provided and put away after class.

WATER CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HYDRO XT <i>Shallow Water</i> 8:15 am - 9:05 am		CARDIO SPLASH <i>Shallow Water</i> 8:15 am - 9:05 am		HYDRO XT <i>Shallow Water</i> 8:15 am - 9:05 am	
AQUA TNT <i>Deep Water</i> 9:15 am - 10:05 am		AQUA TNT <i>Deep Water</i> 9:15 am - 10:05 am		AQUA TNT <i>Deep Water</i> 9:15 am - 10:05 am	
AQUA ZUMBA® <i>Shallow Water</i> 10:15 am - 11:05 am	H2O POWER WALK <i>Lazy River</i> 10:15 am - 11:05 am	HYDRO XT <i>Shallow Water</i> 10:15 am - 11:05 am	H2O POWER WALK <i>Lazy River</i> 10:15 am - 11:05 am	CARDIO SPLASH <i>Shallow Water</i> 10:15 am - 11:05 am	CARDIO SPLASH <i>Shallow Water</i> 10:00 am - 10:50 am
H2O POWER WALK <i>Lazy River</i> 6:30 pm - 7:20 pm		H2O POWER WALK <i>Lazy River</i> 6:30 pm - 7:20 pm			

AQUA TNT (TONE AND TREAD)

The TNT stands for “Tone and Tread,” however, participants are sometimes doing much more than treading water! Offered in the deep end of the WARF’s competition pool, this class will challenge the core muscles like no other. Participants wear a flotation belt and work their bodies head to toe. Instructors will use various equipment to be sure participants are engaging every muscle group while suspended in the water. Aqua TNT is perfect for those who want or need a form of exercise with absolutely no impact. Just bring a bathing suit and a towel, the WARF provides the belts, equipment and the workout!

CARDIO SPLASH

This fun and energetic aqua class will help tone your muscles, increase your cardiovascular endurance and be kind to your joints! Instructors will use equipment like buoys, noodles and kickboards in this cardio based class to keep participants on their toes. The natural properties of water will do the rest – offering a calming environment, all over resistance, and gentle to no impact. Come prepared to move in all directions, get a little wet and smile a lot!

H2O POWER WALK

Although this class is held in the WARF’s “lazy river,” do not be fooled! There is nothing lazy about this water walking class. Walking, and often running, with and against the water current, participants will exercise every muscle group, practice core control and balance, and work through full ranges of motion. Instructors will use motivating music and a variety of water equipment to make sure this 50 minute class is more than “walking in circles.”

HYDRO XT

Participants in this shallow water group fitness class will find themselves working through cardio based intervals. Contrasting endurance training with bursts of high intensity training, patrons will increase their heart strength, keep their muscles toned, challenge the core and discover a newfound energy source – all while enjoying virtually no impact on the joints! Grab a towel and a bottle of water and meet in the shallow end of the competition pool.

AQUA ZUMBA®

The resistance of the water takes fun, Latin dance moves to a new “cool” level in Aqua Zumba®. The moves are slightly slower than on land but the energy level is just as high. Aqua Zumba® is the perfect low impact way to “heat up the pool party!”

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LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLE 5:30 am - 6:20 am	BODY PUMP™ 5:30 am - 6:20 am	CYCLE 5:30 am - 6:20 am	CARDIO BLAST 5:30 am - 6:20 am		
BODY PUMP™ 8:30 am - 9:20 am	CYCLE 8:30 am - 9:20 am	CARDIO BLAST 8:30 am - 9:20 am	CYCLE 8:30 am - 9:20 am	CARDIO BLAST 8:30 am - 9:20 am	CYCLE 8:15 am - 9:05 am
CORE & MORE 9:30 am - 10:20 am	SCULPT XT 9:30 am - 10:20 am	MAT PILATES 9:30 am - 10:20 am	SCULPT XT 9:30 am - 10:20 am	STRENGTH PILATES 9:30 am - 10:20 am	BODY PUMP™ 9:15 am - 10:05 am
CYCLE 10:30 am - 11:20 am	FIT YOGA 10:30 am - 11:20 am	CYCLE 10:30 am - 11:20 am	FIT YOGA 10:30 am - 11:20 am	CYCLE 10:30 am - 11:20 am	
GENTLE YOGA 11:30 am - 12:20 pm	TNT 11:30 am - 12:20 pm	BALANCED LIVING YOGA 11:30 am - 12:20 pm	TNT 11:30 am - 12:20 pm		
	ZUMBA® 12:30 pm - 1:20 pm		ZUMBA® 12:30 pm - 1:20 pm		
CYCLE/SCULPT XT 5:00 pm - 5:50 pm	POUND® 5:00 pm - 5:50 pm	KICK BOXING 5:00 pm - 5:50 pm	BODY PUMP™ 5:00 pm - 5:50 pm		
BARRE 6:00 pm - 6:50 pm	SCULPT XT 6:00 pm - 6:50 pm	CORE & MORE 6:00 pm - 6:50 pm	CYCLE 6:00 pm - 6:50 pm		
POUND® 7:00 pm - 7:50 pm	ZUMBA® TONING 7:00 pm - 7:50 pm	FIT YOGA 7:00 pm - 7:50 pm	ZUMBA® 7:00 pm - 7:50 pm		

BARRE - NEW

A series of movements that strengthen the entire body and ensures that no muscle is overlooked. With a combination of functional strength, dance, Pilates and Yoga, we typically use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength.

BODY PUMP™

Looking to get lean, toned and fit – fast? Using light to moderate weights on a loaded barbell, Body Pump is a high rep, total body workout. Instructors will coach you through moves and techniques, offering modifications and options for anyone needing or wanting them. Designed for all fitness levels, Body Pump need not be feared!

CARDIO BLAST

If you judge your workouts by the size of your sweat puddle at the end of class, then this will be your new favorite! Get your heart pumping and your muscles

moving in this total body, cardio based interval class. Instructors will combine body weight exercises with bursts of cardiovascular training to help tone your body and improve your heart strength utilizing various equipment and new moves! Don't fret – the WARF's instructors will encourage you to work at your current fitness level, but will offer you guidance and help you find your NEXT current fitness level. Bring a towel and water – both will be needed!

CORE & MORE

A strong trunk helps our limbs move and function with ease and strength. The mission of Core & More is to get your abs, glutes and low back strong and healthy so the rest of your body can take all the credit for how great you look and feel. Participants will use a variety of equipment like bands, balls, BOSU's and more, to learn how to effectively and safely engage those tricky muscles in our middles. Be ready though, once our instructors have fired up your "core", it will be time to test what you have learned by doing the "more!"

continued on back

CYCLE

Participants will ride a stationary bike for a no impact cardio boost! Instructors will encourage riders to adjust the resistance on the bike's fly wheel in efforts to simulate various terrain one might encounter during a bike ride on the road. Cycle can be counted on for improved cardiovascular health and muscular strength. Bring plenty of water and a towel to class and be ready to ride away!

KICKBOXING

This action-packed, stress-reducing workout combines a series of punching and kicking combinations, to improve strength, muscle tone, and endurance. Target your arms, shoulders, abs, thighs, glutes, and heart in one workout!

PILATES - MAT

Do you want toned muscles and a strong core? This class is a well balanced system of breath and strength aiming to lead participants to better posture, leaner muscles and improved balance. Instructors will guide you through a controlled floor workout using mats, a few props and your body weight. Bring water - the WARF provides the rest!

PILATES - STRENGTH

Using fluid floor movements and a dose of unrelenting gravity, the Strength Pilates class will fire up your abdominals, hips and lower back - or what Joseph Pilates calls "the powerhouse." Practice concentrating, controlling and centering as you move through a series of pilates styled exercises. Don't be shy - this class is designed for Pilates students of all levels!

POUND® - NEW

POUND® is a unique exercise method inspired by the energizing, infectious, and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® was designed to transform drumming into an incredibly effective way of working out.

SCULPT XT

Build and shape your muscular definition in this strength based cross training class. You will use a variety of equipment such as free weights, bands, benches and more to ignite your muscles! Because there is no ONE way to improve strength and muscular definition, participants will enjoy a variety of formats, workouts and exercises. This way, the Sculpt XT instructors are sure to keep all muscles engaged, awakened and challenged. Bring water and a smile!

TNT (TONE AND TIGHTEN)

A strength based class promising to get your muscles toned, tightened and tingling! You will use a variety of equipment such as free weights, balls and bands to target every major muscle group in your body, helping you grow stronger and stand taller. While TNT is perfect for all fitness levels, this class has been designed specifically for those wanting little impact and a less intimidating workout. Come and discover how strong you didn't know you are!

YOGA - BALANCED LIVING

Bring balance to your daily life by first bringing it to your posture, breath and movement. This extra gentle yoga class is inviting for anyone and everyone. Chairs are available for any participant wanting or needing them.

YOGA - FIT

This class blends balance, strength, flexibility, and power in a format sure to deliver a practical and effective Hatha Yoga workout. Fit Yoga is perfect for the yoga enthusiast, the athlete and/or anyone else looking to improve body movement and mental clarity. Bring a mat and water - while this is not "Hot Yoga," your body will get warm and you will break a sweat!

YOGA - GENTLE

Perfect for anyone new to exercising or to yoga. The instructors will offer plenty of modifications and encouragement, perhaps sometimes even using yoga blocks and chairs. The aim of this class is for participants to get through the poses without experiencing any pain or discomfort. Don't worry though - just because we promise no pain and plenty of options, doesn't mean you won't reap the benefits of yoga. You will leave this class feeling lengthened and rejuvenated.

ZUMBA®

A Latin dance inspired workout sure to get your heart pumping and your hips moving! It's fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout. You will have so much fun you will think you are at a party, but remember, this party is BYOW - Bring Your Own Water - you will need it!

ZUMBA TONING®

This class offers all of the great fun a regular Zumba® class does, just while using weighted "toning sticks." Come dance, shake and groove yourself into better shape!