

Where to start in group classes:

Group classes are held at all four of our Charlottesville locations and are included in your **acac** membership.

In the schedules on the following pages, classes highlighted in green are appropriate for new participants. If you

are not sure where to start, ask an **acac** team member for assistance.

How to have a successful group class experience:

- Wear comfortable clothes and appropriate footwear. Please refrain from wearing perfumes or heavily scented lotions.

- Bring a water bottle and towel.
- Arrive early for equipment set-up and to ask any questions.
- The warm-up is essential to your safety. Do not enter a class more than 10 minutes after the listed start time.
- Cool-down and stretching are important for your safety. Please do not leave class early.

GROUP EXERCISE | acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:50am Barre (A)	5:15-6:00am Strength Challenge EX (G)	5:15-6:00am Athletic Conditioning EX (G)	5:15-6:00am Target Zone (G)			Children ages 9 to 12 may enjoy group exercise classes when taken with a parent. BODYPUMP™ and kettlebell classes are reserved for children 13 years and older.
6:00-7:00am Athletic Conditioning (G)	6:10-7:00am Intensity (G)	6:10-7:00am Strength Challenge (G)	6:10-7:00am AfterBURN (G)	6:00-7:00am BODYPUMP™ (G)	7:15-7:45am SURGE (G) <small>8 wks May 4 - June 22</small>	
p 8:15-9:15am Afri-Cardio (A)		p 8:15-9:00am Simply Strength (G)		p 8:15-9:00am Simply Strength (G)	8:05-8:50am AfterBURN Speed (G)	
9:00-9:15am BODYPUMP™ Basics (G) [S]		9:10-10:05am Athletic Conditioning (G)		9:10-10:05am Athletic Conditioning (G)	9:00-9:50am Athletic Conditioning (G)	[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule.
9:15-10:15am BODYPUMP™ (G)	9:50-10:35am H.I.I.T 45 (G)	10:30-11:20am Barre (A)	9:50-10:35am H.I.I.T 45 (G)	10:20-11:20am BODYPUMP™ (G)	10:15-11:15am BODYPUMP™ (G)	
10:30-11:30am Strength Challenge (G)	p 10:10-10:50am Stretching (A)	10:30-11:30am Strength Challenge (G)	p 10:10-10:50am Stretching (A)	10:30-11:20am Barre (A)		10:15-11:00am H.I.I.T 45 (G)
p 11:15am-12:00pm Fit Essentials (SGT)	p 10:45-11:45am Dance Fusion (G)	11:25am-12:25pm LaBlast® (A)	p 10:45-11:45am Dance Fusion (G)	10:45-11:45am Power Sculpt heated studio (C)	p 11:30am-12:30pm ZUMBA® (G)	10:30-11:30am Barre Fusion (A)
12:10-12:55pm Boxing Fit EX (G)	12:05-12:50pm BODYPUMP™ EX (G)	11:50am-12:05pm BODYSTEP™ Basics (G)	p 11:15am-12:00pm Fit Essentials (SGT)			11:15am-12:15pm BODYCOMBAT™ (G)
	12:10-12:55pm Barre EX (A)	12:10-12:55pm BODYSTEP™ EX (G)	12:05-12:50pm BODYPUMP™ EX (G)	12:30-1:15pm Athletic Conditioning EX (G)	12:45-1:45pm BODYFLOW™ (G)	12:30-1:00pm CXWORX™ (G)
1:00-1:30pm CXWORX™ (G)	1:00-1:30pm H.I.I.T 30 (G)	1:00-1:30pm CXWORX™ (G)	1:00-1:30pm Tabata 30 (G)	1:20-1:50pm CXWORX (G)		
						3:15-4:15pm BODYSTEP™ (G)
		4:00-4:15pm BODYPUMP™ Basics (G) [S]				
4:15-5:15pm BODYPUMP™ (G)	4:15-5:10pm Athletic Conditioning (G)	4:15-5:15pm BODYPUMP™ (G)				
	p 4:30-5:15pm Dance Conditioning (A)		4:15-5:00pm HIIT 45 (G)	p 4:25-5:25pm Afri-Cardio (G)		
	5:20-5:35pm Core (G)		p 4:30-5:15pm Dance Conditioning (A)	4:25-5:25pm Barre Fusion (A)		
5:30-6:30pm BODYJAM™ (G)	5:45-6:45pm Boxing Fit (G)	5:30-6:00pm Tabata 30 (G)	5:10-5:40pm CXWORX™ (G)	5:35-6:35pm BODYJAM™ (G)		
6:45-7:45pm Strength Challenge (G)	7:00-7:45pm BODYPUMP™ EX (G)	6:15-7:00pm Athletic Conditioning EX (G)	5:45-6:30pm BODYATTACK™ (G)			
7:00-8:00pm BODYFLOW™ (A)	7:00-7:50pm Barre (A)	p 7:10-7:55pm ZUMBA® EX (G)	7:00-7:45pm BODYPUMP™ EX (G)			
	p 8:00-9:00pm Zabor Dance (G)		7:00-8:00pm BODYFLOW (A)			

(A) Mind Body Studio A
 (CS) Cycle Studio
 (G) Group Exercise Studio
 (C) Mind Body Studio C
 (SGT) Small Group Training Studio

Welcoming beginners
 Intermediate to advanced
 New class
 Youth class

 Advance sign-up required
p p.r.e.p.-friendly class
 EX Express class
A 30 to 45 min. version of a longer class

Schedules are subject to change.
 FOR THE MOST UP-TO-DATE INFORMATION, VISIT
acac.com

GROUP EXERCISE | acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am Tabata 45 (A)	6:00-7:00am BODYPUMP™ (A)	6:00-6:45am H.I.I.T. 45 (A)	6:00-7:00am BODYPUMP™ (A)	6:00-7:00am Athletic Conditioning (A)		
P 8:35-9:30am LaBlast® (A)	8:35-9:20am H.I.I.T. 45 (B)	P 8:35-9:30am Dance Fusion (A)	8:35-9:20am BODYCOMBAT™ (B)	P 8:35-9:20am ZUMBA® EX (A)	8:30-9:15am Kettlebell EX (B)	
	8:30-9:30am BODYCOMBAT™ [S] (A)		8:45-9:30am Step EX (A)		8:30-9:30am INSANITY™ (A)	9:00-10:00am BODYPUMP™ (A)
	9:15-10:15am Baby Boot Camp® (Adventure Central)	P 9:35-10:20am Fit Essentials (B)	9:30-10:30am Barre (B)	9:35-10:35am BODYSTEP™ (A)	9:30-10:30am Barre (B)	
9:35-10:35am BODYSTEP™ (A)	9:30-10:30am Barre (B)	9:35-10:05am CXWORX™ (A)	9:35-10:35am BODYPUMP™ (A)		9:35-10:35am BODYCOMBAT™ (A)	
	9:35-10:35am BODYPUMP™ (A)	10:10-10:55am BODYFLOW™ EX (A)		P 10:40-11:20am Stretching (B)		10:15-11:15am Athletic Conditioning (A)
P 10:40-11:20am Stretching (B)		P 10:40-11:20am Stretching (B)	P 10:45-11:45am Foam Roller Stretch (B)	10:40-11:10am CXWORX™ (A)	10:45am-12:00pm BODYPUMP/STEP™ Interval (A)	11:35am-12:35pm BODYSTEP™ (A)
P 11:30am- 12:15pm Cardio Lite (B)	P 10:50-11:50am Simply Strength (A)	P 11:30am- 12:15pm Cardio Lite (B)	P 10:50-11:50am Simply Strength (A)	P 11:30am- 12:15pm Cardio Lite (A)		11:45am-12:35pm Barre (B)
12:25-1:25pm BODYPUMP™ (A)	12:15-1:00pm Athletic Conditioning EX (A)	1:00-1:30pm BODYPUMP™ 30 (A)		12:25-1:25pm BODYPUMP™ (A)		1:00-2:00pm BODYFLOW™ (A)
						2:15-2:30pm BODYPUMP™ Basics (A)
						2:30-3:30pm BODYPUMP™ (A)
3:30-4:20pm Barre (B)	3:00-3:45pm Balance (B)		P 3:00-3:45pm Balance (B)			P 3:45-4:45pm ZUMBA® (A)
P 4:40-5:25pm Dance Fusion EX (A)	4:25-5:25pm BODYPUMP™ (A)	4:25-5:25pm BODYSTEP™ (A)	4:25-5:25pm BODYPUMP™ (A)			
4:40-5:25pm H.I.I.T. 45 (B)		P 4:30-5:20pm LaBlast® (B)		4:40-5:25pm H.I.I.T. 45 (A)		
5:30-6:30pm BODYPUMP™ (A)	5:30-6:30pm BODYSTEP™ (A)	5:30-6:30pm Athletic Conditioning (A)	5:30-6:00pm CXWORX™ (A)	5:30-6:30pm BODYPUMP™ (A)		
5:40-6:25pm Kettlebell EX (B)		5:30-6:30pm Barre Fusion (B)	5:40-6:40pm BODYCOMBAT™ EX (B)			
6:35-7:35pm Barre (B)	6:35-7:05pm CXWORX™ (A)	6:35-7:35pm BODYPUMP® (A)	6:05-7:05pm BODYJAM™ (A)			
P 6:40-7:40pm ZUMBA® (A)		P 6:45-7:30pm Foam Roller Stretch EX (B)				
	P 7:10-8:00pm ZUMBA® (A)					

[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule.

- (A) Group Exercise Studio A
- (B) Group Exercise Studio B
- (KZ) Kids Zone

- Welcoming beginners
- Intermediate to advanced
- New class
- Advance sign-up required
- p.r.e.p.-friendly class
- Youth class
- Instructor pre-approval required before participation
See Member Services for details.

EX Express class
A 30 to 45 min. version of a longer class

ADVANCE SIGN-UP is required for classes indicated with a red triangle. **For adult classes,** sign up online at acac.com or with Member Services. Online sign-up opens 25 hours prior to the start of class and closes 1 hour prior. Sign up at Member Services begins 15 minutes before the start of class for any additional open spots. Cancel 1 or more hours prior to avoid a \$10 no-show fee. **For youth classes,** sign up in the Kids Zone on the day of class.

INCLEMENT WEATHER POLICY In the event of inclement weather, check the online group exercise schedule to confirm which classes are operating on a regular schedule. Any changes to facility hours will also be noted on the website at acac.com/charlottesville.

Children ages 9 to 12 may enjoy group exercise classes when taken with a parent. BODYPUMP™ and kettlebell classes are reserved for children 13 years and older.

Group Exercise classes are included with your **acac** membership!

MIND BODY | acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	P 6:00-7:00am Hatha Yoga I/II (C)		6:00-7:00am Hatha Yoga II (C)			
7:15-8:15am Hatha Yoga II (C)	7:15-8:15am Vinyasa Yoga I/II (C)	7:15-8:15am Hatha Yoga II (C)	7:15-8:15am Vinyasa Yoga II (C)	7:15-8:15am Hatha Yoga II (C)	7:45-8:45am Hatha Yoga I/II (C)	
8:20-8:35am Meditation (C)	P 8:00-9:00am Qigong (A)	8:20-8:35am Meditation (C)	8:00-9:00am Hsing-I (A)	8:20-8:35am Meditation (C)		
	P 8:40-9:40am Nia® (G)		P 8:40-9:40am Nia® (G)			
	P 9:00-10:00am Tai Chi (A)	P 9:00-10:00am Chair Yoga (A)	P 9:00-10:00am Tai Chi (A)	P 9:00-10:10am Nia® (A)	P 9:00-10:10am Nia® (A)	9:00-10:00am Hatha Yoga with Alexander Technique (C)
9:15-10:30am Vinyasa Yoga II (C)	9:00-10:00am Hatha Yoga I (C)	9:15-10:30am Vinyasa Yoga II (C)	P 9:00-10:00am Hatha Yoga I (C)	9:15-10:30am Vinyasa Yoga: Ashtanga (C)	9:00-10:00am Vinyasa Yoga II (C)	
	10:15-11:30am Hatha Yoga II (C)		10:15-11:30am Hatha Yoga II (C)		10:15-11:15am Hatha Yoga II (C)	
P 11:00am- 12:00pm Meditation (C)		10:45-11:45am Yin Yoga (C)	P 11:00am- 12:00pm Alexander Technique (A)		10:30-11:45am Intro to Iyengar Yoga (A)	10:30-11:45am Vinyasa Yoga: Power (C)
					11:30am-12:45pm Vinyasa Yoga II (C)	
12:15-1:15pm Hatha Yoga II (C)	12:15-1:15pm Vinyasa Yoga II (C)	P 12:15-1:15pm Hatha Yoga: Easy Does It (C)	12:15-1:15pm Vinyasa Yoga II (C)	P 12:15-1:15pm Chair Yoga (A)		12:15-1:15pm Yoga for Athletes (C)
12:15-1:15pm Mat Pilates w/ Props (A)			12:15-1:15pm Yin Yoga (A)	12:15-1:15pm Hatha Yoga II (C)		
		P 1:30-3:00pm Kundalini Yoga (C)		1:15-1:30pm Pranayama (C)	1:00-2:15pm Hatha Yoga: Spring Energizing Series (C) June 1 - 29	
				1:45-2:45pm Kundalini Yoga 4 week intro (C)		
				P 3:00-4:15pm Hatha Yoga: Gentle (C)	1:15-2:30pm BUTI Yoga (A)	P 1:45-3:00pm Hatha Yoga I/II (C)
4:15-5:15pm Prenatal Yoga (A)						P 1:45-3:00pm Restorative Yoga (A)
4:15-5:15pm Vinyasa Yoga II (C)	4:15-5:15pm Vinyasa Yoga II (C)	4:15-5:15pm Vinyasa Yoga II (C)	4:15-5:15pm Vinyasa Yoga II (C)	4:30-5:30pm Hatha Yoga II (C)		P 3:30-4:30pm Nia®: Moving to Heal (A)
5:30-6:45pm Vinyasa Yoga II (C)	5:30-7:00pm Yin Yoga (C)	4:30-5:45pm Hatha Yoga II (A)	P 5:30-6:45pm Hatha Yoga II (C)		See web schedule for Saturday Special Classes and Workshops acac.com/charlottesville/group-exercise	3:15-4:30pm Vinyasa Yoga II (C)
5:30-6:30pm Hatha Yoga I/II (A)	5:30-6:45pm Prenatal Yoga (A)	5:30-6:45pm Vinyasa Yoga II (C)	5:30-6:45pm Intro to Iyengar Yoga (A)	5:45-7:00pm Vinyasa Yoga II (C)		5:00-6:15pm Yin Yoga (C)
		P 6:00-7:00pm Nia® (A)				
7:00-8:15pm Yin Yoga (C)		P 7:00-8:00pm Hatha Yoga II (C)				
	7:15-8:15pm Vinyasa Yoga II (C)		P 7:15-8:15pm Hatha Yoga I (C)			

- (A) Mind Body Studio A
- (C) Mind Body Studio C
- (CS) Cycle Studio
- (G) Group Exercise Studio
- (P) Pilates Studio

- Welcoming beginners
- Intermediate to advanced
- New class
- Advance sign-up required
- P** p.r.e.p.-friendly class

Mind Body classes are included with your acac membership!

[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule.

MIND BODY

acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00-7:30am Intro to Meditation (MB)			P 8:00-9:15am Hatha Yoga I/II (MB)	
P 9:00-10:15am Hatha Yoga: Gentle (MB)	9:15-10:30am Vinyasa Yoga II (MB)		9:00-10:30am Vinyasa Yoga: Ashtanga (MB)	9:00-10:00am Hatha Yoga I/II (MB)		P 9:00-10:30am Hatha Yoga I/II (MB)
9:00-10:00am Pain Free Posture (B)		P 9:00-10:00am Hatha Yoga I/II (MB)		9:00-10:00am Mat Pilates with Props (B)	9:30-10:45am Vinyasa Yoga I/II (MB)	
						10:00-11:30am Karate & Kendo: Advanced Class (B)
10:30-11:30am Hatha Yoga I/II (MB)		10:15-11:15am Vinyasa Yoga I (MB)		P 10:15-11:15am Hatha Yoga: Gentle (MB)		10:45-11:45am Vinyasa Yoga I/II (MB)
P 10:45am-12:00pm Nia® (A)	P 11:00am-12:00pm Chair Yoga (MB)	P 11:00am-12:15pm Nia® (A)	P 11:00am-12:00pm Chair Yoga (MB)		P 11:00am-12:00pm Qigong (MB)	
12:15-1:30pm Yin Yoga (MB)				P 11:25am-12:25pm Nia® (B)	See web schedule for Saturday Special Classes and Workshops acac.com/charlottesville/group-exercise	
	P 12:15-1:15pm Hatha Yoga: Intro (MB)		12:00-12:45pm Mat Pilates with Props (B)	P 11:30am-12:30pm Yoga with Alexander Tech. (MB)		P 12:00-1:15pm Prenatal Yoga (MB)
			12:15-1:15pm Hatha Yoga I/II (MB)		P 12:30-12:45pm Nia® Intro (A)	
12:30-1:00pm Tai Chi: Push Hands (B)		12:30-1:30pm Mat Pilates (MB)		12:30-1:00pm Tai Chi: Push Hands (B)	P 12:45-1:45pm Nia® (A)	P 12:45-1:45pm Nia® (B)
		12:30-1:00pm Tai Chi: Push Hands (B)		12:45-1:45pm Mat Pilates (MB)		
1:05-1:35pm Tai Chi: Yang Short Form (B)		1:05-1:35pm Tai Chi: Yang Short Form (B)	1:00-1:30pm Vinyasa Yoga 30 (B)	1:05-1:35pm Tai Chi: Yang Short Form (B)		
P 1:40-2:40pm Tai Chi: Movements (A)		P 1:40-2:40pm Tai Chi: Movements (A)		P 1:40-2:40pm Tai Chi: Movements (A)		1:30-3:00pm Kundalini Yoga (MB)
				2:00-3:15pm Yin & Restorative Yoga (MB)		
						P 3:30-5:00pm Restorative Yoga (MB)
4:30-5:30pm Hatha Yoga II (MB)	P 4:30-5:30pm Hatha Yoga I/II (MB)	4:30-5:30pm Vinyasa Yoga II (MB)	P 4:30-5:30pm Hatha Yoga I/II (MB)	4:20-5:20pm Yoga for Athletes [S] June 7 - 28 (MB)		
	P 5:45-6:45pm Nia® (B)		6:00-7:15pm Vinyasa Yoga I/II (MB)	5:45-6:45pm Karate: Intermediate Class (B)		
P 6:00-7:30pm Hatha Yoga: Gentle (MB)	6:00-7:15pm Vinyasa Yoga I/II (MB)	P 6:00-7:15pm Yin Yoga (MB)				
				6:45-8:00pm Karate: Advanced Class (B)		
	P 7:15-8:30pm Karate: All Ranks Class (B)		P 7:15-9:00pm Kendo: All Ranks Class (A)	6:45-8:00pm Kendo: Advanced Class (A)		

(A) Group Exercise Studio A
 (B) Group Exercise Studio B
 (MB) Mind Body Studio
 (P) Pilates Studio

Welcoming beginners
 Intermediate to advanced
 New class
 Additional fee required
 Advance sign-up required
 p.r.e.p.-friendly class
 Instructor pre-approval required before participation
See Member Services for details.

[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule.

PILATES GROUP REFORMER CLASSES

acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30am Pilates Group Reformer (P)		9:30-10:30am Pilates Group Reformer (P)			9:30-10:25am Pilates Group Reformer (P)	
					10:30-11:25am Pilates Group Reformer Principles (P)	
	12:15-1:15pm Pilates Group Reformer (P)		12:15-1:15pm Pilates Group Reformer (P)			12:30-1:25pm Pilates Group Reformer (P)
5:30-6:30pm Pilates Group Reformer (P)						

(P) Pilates Studio

- Welcoming beginners
- New class
- Advance sign-up required
- \$5 fee required

PILATES GROUP REFORMER
Procedure for registering for & cancelling classes
 Sign-up for all Group Reformer Pilates class spaces is booked online on **acac.com**. Online reservations start 25 hours in advance of the class start time, and close one hour before class begins.

PILATES GROUP REFORMER CLASSES

acac ALBEMARLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00-9:55am Pilates Group Reformer (P)				9:00-10:00am Pilates Group Reformer (P)	
				10:00-11:00am Pilates Group Reformer (P)		
				11:00am-12:00pm Pilates Group Reformer Principles (P)		
		12:30am-1:30pm Pilates Group Reformer (P)				
		5:30-6:30pm Pilates Group Reformer (P)				

(P) Pilates Studio

- Welcoming beginners
- New class
- Advance sign-up required
- \$5 fee required

PILATES GROUP REFORMER
Procedure for registering for & cancelling classes
 Sign-up for all Group Reformer Pilates class spaces is booked online on **acac.com**. Online reservations start 25 hours in advance of the class start time, and close one hour before class begins.

ALL CLASSES

acac CROZET

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15-8:15am Vinyasa Yoga I/II			5:35-6:20am Tabata [S]		
8:30-9:15am Tabata 45	8:30-9:20am Barre [S]		P 8:25-9:25am Dance Fusion Gold			
P 9:30-10:45am Hatha Yoga I/II	9:30-10:30am Athletic Conditioning	8:45-10:00am Vinyasa Yoga I/II	9:30-10:30am Athletic Conditioning	P 8:45-10:00am Hatha Yoga I/II	9:00-10:00am Athletic Conditioning	
	P 10:35-11:20am Stretch/Balance	10:05-11:05am Strength Challenge		10:05am-11:05pm Strength Challenge	10:15-11:30am Vinyasa Yoga I/II	
P 11:15am-12:15pm Simply Strength		P 11:15am-12:15pm Simply Strength	10:45-11:45am Intro to Yin	P 11:15am-12:15pm Simply Strength		
P 12:30-1:30pm Simply Strength	P 4:30-5:45pm Yin Yoga		4:30-5:30pm Hatha Yoga I/II			
		5:45-6:45pm Vin/Yin Yoga	P 5:45-6:45pm ZUMBA®			
	P 6:35-7:35pm ZUMBA®			7:00-8:00pm Intro to BUTI Yoga June 7, 14, 18, 21		

- Welcoming beginners
- New class
- Advance sign-up required
- p.r.e.p.-friendly class

Check **acac.com** for the most up-to-date schedule.

[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule.

ALL CLASSES | acac PANTOPS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00-9:00am Mat Pilates	
9:00-10:00am Hatha Yoga I/II	P 9:00-10:00am Simply Strength	9:00-9:45am Mat Pilates EX [S]	P 9:00-10:00am Simply Strength			
	P 10:30-11:30am Simply Strength		P 10:30-11:30am Cardio Lite		10:30-11:30am Vinyasa Yoga I/II	11:00am-12:00pm Intro to Hatha Yoga
12:00-12:50pm Barre			12:00-1:00pm Hatha Yoga: Intro	12:00-1:00pm Yin Yoga		
		1:00-2:00pm Yoga for Veterans				P 2:00-2:50pm LaBlast®
P 4:30-5:15pm Simply Strength	4:30-5:15pm H.I.I.T. 45	P 4:30-5:15pm CIZE™ LIVE	4:30-5:30pm Yin Yoga	[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule.		
5:30-6:30pm BODYCOMBAT™	5:45-7:00pm Hatha Yoga II	5:30-6:30pm Vinyasa Yoga I/II	P 5:45-6:35pm LaBlast®			

- Welcoming beginners
- Intermediate to advanced
- New Class
- P** p.r.e.p.-friendly class

AQUATIC EXERCISE | acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15am WATERinMOTION® (A)	9:30-10:15am Aqua Fit Deep EX (A)	9:30-10:15am Aqua Fit EX (A)	9:30-10:15am Aqua Fit Deep EX (A)	9:30-10:15am Aqua Fit EX (A)		
10:20-11:05am Aqua Strength (WW)		10:20-11:05am Aqua Strength (WW)		10:20-11:05am Aqua Strength (WW)		
11:10am-12:00pm Aqua Stretch (WW)	11:10am-12:00pm Arthritis H ₂ O (WW)	11:10am-12:00pm Aqua Yoga/Stretch (WW)		11:10-11:55am Arthritis H ₂ O (WW)		
	12:05-12:50pm Aqua Fit Deep EX (A)		12:05-12:50pm Aqua Fit Deep EX (A)			
		Please note: These schedules list aquatics classes only. Please see Member Services or acac.com for the Pool Usage Schedule.		1:00-1:35pm H.I.I.T H ₂ O* (A) <i>*Not ideal for p.r.e.p.</i>	Aquatic Exercise classes are included with your acac membership!	

AQUATIC EXERCISE | acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:00am Tabata H ₂ O Deep (A)		6:15-7:00am Aqua Fit Deep EX (A)		6:15-7:00am Aqua Fit Deep EX (A)	8:30-9:15am Aqua Fit Deep EX (A)	10:00-11:00am Aqua Fit Deep (A)
9:15-10:00am WATERinMOTION® EX (A)	9:00-10:00am Aqua Fit Deep (A)	9:00-9:50am LaBlast® Splash (A)	9:00-10:00am Aqua Fit Deep (A)	9:30-10:15am WATERinMOTION® EX (A)	9:20-10:10am Aqua ZUMBA® (A)	
	10:15-11:15am Senior Aquatics (A)	10:20-11:00am Aqua Stretch (WW)	10:15-11:15am Senior Aquatics (A)			
10:20-11:00am Aqua Strength (WW)	10:20-11:00am Aqua Strength (WW)		10:20-11:00am Aqua Strength (WW)	10:20-11:00am Aqua Strength (WW)		
11:05-11:50am Arthritis H ₂ O (WW)		11:05-11:50am Arthritis H ₂ O (WW)	11:20am-12:00pm Fibromyalgia H ₂ O (WW)	11:00am-12:00pm Senior Aquatics (A)		
12:15-1:00pm Aqua Fit Deep EX (A)	12:15-1:00pm Aqua Fit Deep EX (A)	12:15-1:00pm Tabata H ₂ O Deep (A)	12:15-1:00pm Aqua Barre/ Stretch (WWP)	11:05-11:50am Arthritis H ₂ O (WW)		
1:15-2:15pm Senior Aquatics (A)		1:15-2:15pm Senior Aquatics (A)		12:15-1:00pm Aqua Fit Deep EX (A)		
	5:35-6:25pm Aqua Fit Deep (A)		5:35-6:25pm Aqua ZUMBA® (A)			
5:45-6:30pm Fibromyalgia H ₂ O (WW)	P <i>All Aquatic Exercise classes are p.r.e.p.-friendly!</i> P					

- (A) Activity Pool
- (WW) Warm Water Pool
- Welcoming beginners
- New class
- EX Express class
A 30 to 45 minute version of a longer class

Lap Lane Policy for group classes:
If a class/program includes 10 or more participants, the lap lanes will be removed 5 minutes prior to or within 10 minutes of the start of the class/program.

EDGE CYCLE | acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:50am Power Ride (CS)	6:00-6:50am Power Ride (CS)	6:00-6:50am Rhythm Ride (CS)	6:00-6:50am Power Ride (CS)	6:00-6:50am Rhythm Ride (CS)		
9:30-10:20am Rhythm Ride (CS)	8:45-9:35am Power Ride (CS)	9:30-10:20am Rhythm Ride (CS)	8:45-9:35am Power Ride (CS)	9:30-10:20am Rhythm Ride (CS)	8:45-9:45am Studio Ride 60 (CS)	9:00-9:50am Power Ride (CS)
	p 10:30-11:15am Simply Ride (CS)		p 10:30-11:15am Simply Ride (CS)	10:30-11:15am Studio Ride 45 (CS)	10:00-10:50am Rhythm Ride (CS)	10:10-11:00am Rhythm Ride (CS)
12:10-1:00pm Power Ride (CS)	12:10-1:00pm Rhythm Ride (CS)	12:10-1:00pm Power Ride (CS)	12:10-1:00pm Rhythm Ride (CS)	12:10-1:00pm Power Ride (CS)		p 11:15am-12:00pm Simply Ride (CS)
						12:15-1:05pm Rhythm Ride (CS)
4:15-5:05pm Rhythm Ride (CS)	4:15-5:05pm Power Ride (CS)	4:15-5:05pm Rhythm Ride (CS)	p 4:15-5:00pm Simply Ride (CS)	(CS) Cycle Studio <hr/> Welcoming beginners Intermediate to advanced New class p p.r.e.p.-friendly class		
5:30-6:30pm Studio Ride 60 (CS)	5:30-6:20pm Rhythm Ride (CS)	5:30-6:30pm Studio Ride 60 (CS)	5:30-6:20pm Power Ride (CS)			
	6:45-7:35pm Power Ride (CS)					

All cycle classes require sign up

EDGE CYCLE | acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:50am Rhythm Ride (CS)	6:00-6:50am Rhythm Ride (CS)	p 6:00-6:45am Studio Ride 45 (CS)	6:00-6:50am Rhythm Ride (CS)	p 6:00-6:45am Studio Ride 45 (CS)		
9:00-10:00am Studio Ride 60 (CS)	9:00-9:50am Rhythm Ride (CS)	p 9:00-10:00am Studio Ride 60 (CS)	9:00-9:50am Rhythm Ride (CS)	9:00-10:00am Studio Ride 60 (CS)	8:45-9:35am Power Ride (CS)	9:00-9:50am Rhythm Ride (CS)
12:15-1:00pm Studio Ride 45 (CS)	p 12:15-1:00pm Simply Ride (CS)	12:15-12:45pm Studio Ride 30 (CS)	12:15-12:45pm Studio Ride 30 (CS)		p 10:00-10:45am Studio Ride 45 (CS)	p 10:00-10:45am Simply Ride (CS)
p 4:30-5:15pm Studio Ride 45 (CS)		p 4:30-5:15pm Studio Ride 45 (CS)			(CS) Cycle Studio <hr/> Welcoming beginners Intermediate to advanced New class p p.r.e.p.-friendly class	
6:00-6:45pm Studio Ride 45 (CS)	5:45-6:35pm Rhythm Ride (CS)		5:45-6:35pm Rhythm Ride (CS)			

All cycle classes require sign up

GROUP EXERCISE AND MIND BODY CLASS DESCRIPTIONS

Group Exercise
Mind Body
Arrive early to allow time to set up equipment.
Sign-up required prior to class.
Youth Class

Class Name	Class Description
ABConditioning	Ages 2 and up. Fun movements coordinated with letters of the alphabet.
Afri-Cardio	Similar to other fusion styles of dance and great for NON-dancers, this high-cardio, low-impact class uses uplifting, rhythmic music to get you moving and sweating!
AfterBURN	Continue to burn calories long after this performance-based class that is two parts cardio, one part strength. Maximize your workout and monitor your results in this unique class for those ready to push their limits.
Alexander Technique	Learn to organize natural movement around a free neck and spine. Helpful for relief of pain and other chronic problems and for improvement of any workout or daily task.
Athletic Conditioning	Take your fitness to the next level with this challenging cardio and strength workout with music and coaching to inspire you to work your hardest.
Barre Barre Fusion	Barre is a ballet-inspired workout using the barre, light weights and props to strengthen and tone the entire body. Barre Fusion is the fundamentals of traditional Barre with added elements of compound, dynamic movements for a greater challenge. May or may not incorporate the use of the Barre apparatus.
Balance	A range of exercises and movements that improve balance and core strength, and reduce the fear of falling.
BODYATTACK™	Improve power, speed and agility in this dynamic, high-energy, mega calorie burner by Les Mills.
BODYCOMBAT™	Les Mills' high-energy, non-contact, martial arts-inspired workout. Punch and kick your way to fitness.
BODYFLOW™	A fusion class of movement patterns influenced by Tai Chi, Pilates and Yoga-inspired sequences set to music. The focus is on controlled breath, strength, balance, core and a full series of stretches, ending with an extended relaxation.
BODYJAM™	A fun and addictive fusion of the latest dance styles, including hip hop and Latin, set to the hottest sounds.
BODYPUMP™ BODYPUMP™ Basics	This barbell class strengthens all major muscles in a motivating group environment. Learn fundamentals on form and technique in BODYPUMP™ Basics .
BODYSTEP™ BODYSTEP™ Basics	Using the step in many positions and heights, this cardio class strengthens and shapes the lower body. Learn fundamentals on form and technique in BODYSTEP™ Basics , Wed. 11:50am Downtown before the 12:10pm BODYSTEP™ EX class.
BODYPUMP/STEP™ Interval	Intervals of BODYPUMP™ and BODYSTEP™ for one great workout.
Boxing Fit	A boxing class using bags, gloves, and focus mitts. Impact optional, hand wraps (avail. in Logo Shop) are required. <i>Come early to learn proper wrist and hand wrapping.</i>
BUTI Yoga	This practice is a high-intensity fusion of yoga, tribal dance, and plyometrics. Classes combine cardio, strength training and flexibility in one seamless format.
Cardio Lite	A low-impact, moderate-intensity cardiovascular workout.
Chair Yoga	Adapts yoga poses with creative use of a chair for more support and stability. This class includes deep breathing, balance, gentle stretching and strengthening without having to get on the floor. No yoga experience required.
Core	Work your abdominals, obliques, and lower back using a variety of equipment.
CXWORX™	The ultimate way to get a tight and toned core. Dynamic training hones in on your abs, glutes, back and obliques.
Dance Conditioning	This class combines dance-inspired exercises and movements with Pilates-influenced techniques for a full body workout that's fun and effective.
Dance Fitness	Ages 2 and up. Dance to classic nursery rhymes.
Dance Fusion Gold	A dance-inspired workout that's great exercise but feels more like a dance party. Cardio and toning elements are "fused" into easy-to-follow dance moves set to your favorite songs! Dance Fusion Gold: A dance-inspired workout that's great exercise but feels more like a dance party. Cardio and toning elements are "fused" into easy-to-follow dance moves set to your favorite songs! Dance Fusion Gold is all low impact and more mindful for those concerned with back, hips, knees or feet issues.
Fit Essentials	Classic cardio moves designed to increase stamina combined with strength training and flexibility exercises to keep you feeling strong and limber. Acceptable for all ages and fitness levels.
Foam Roller Stretch	Learn self-myofascial release techniques through the use of the foam roller. Using foam rollers as part of your training program will improve your flexibility, function, performance, and reduce injuries.
Hatha Yoga Hatha I Hatha II Hatha III Easy Does It Gentle Intro Intro to Iyengar Yoga	Hatha I: Develop strength, balance, flexibility and breath control in held postures with this alignment-based class. Learn and practice correct alignment and breathing techniques in basic yoga postures. Hatha II: Develop strength, balance, flexibility and breath control in held postures with this alignment-based class. Designed to take students to the intermediate level. More advanced postures and sequences are introduced requiring more strength, stamina and flexibility. Hatha III: Designed to help students advance their yoga practice. More advanced postures and sequences are taught requiring more strength, stamina and flexibility. Hatha Gentle: A Hatha class with less vigorous standing and more supine and seated postures. Easy Does It: An extra gentle yoga class designed for every body type. Practice yoga with the use of props and modifications. Intended for those who want a slower paced, more relaxing Yoga experience. Intro: Learn breathing, sequencing and proper alignment for postures in Hatha Yoga. Intro to Iyengar Yoga: Learn breathing, sequencing and proper alignment for postures in Hatha Yoga from the Iyengar tradition, which values proper alignment.
H.I.I.T. 30 and 45	30 or 45 minutes of high-intensity interval training. A total body, heart pumping, aerobic and strength conditioning workout. Modifications for different fitness levels provided.
Karate & Kendo	Karate students learn principles of self defense, discipline and focus through the practice of kata, mat work and sparring. Kendo students learn principles of Samurai swordsmanship through the practice of iai, partner exercises and sparring. Karate & Kendo classes are open to new students 13 and older. New students are welcome to attend any All Ranks Class. No equipment or uniforms are required for new students.
INSANITY™	INSANITY™ is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. Modifications for all levels of exercise are provided.

Intensity	Cardio-focused, high-performance conditioning class to help you excel in your active lifestyle. Intermediate to advanced.
Intro to Classical Yoga	Explore the foundations of yoga with a blend of asana, breathing, and chanting.
Kettlebell	Use kettlebell strength training instruments to build core strength with a focus on posterior muscle groups.
Kundalini Yoga	Uses a series of postures, sounds and breath to raise your natural energy and keep that energy elevated throughout your day. Kundalini Yoga builds from the inside out with emphasis on healing and maintaining a healthy central nervous and endocrine system. Each class includes physical exercise, mantra/chanting, deep relaxation, meditation and breath work.
LaBlast®	A cardio-dance program created by Louis Van Amstel, that puts the varying styles of ballroom dance into one great calorie-burning class for all levels.
Mat Pilates Mat Pilates Principles	Mat Pilates: A series of exercises designed to strengthen the muscles of the core while promoting proper spinal alignment. Mat Pilates Principles: Focuses on the basic principles of Pilates to help beginner participants or those that want a more gentle form of Pilates with more instruction.
Meditation	Feel relaxed, peaceful, focused, and develop more inner awareness.
Nia® Nia®/Intro	Nia® is an energizing workout, expressive movement form, and lifestyle practice to achieve physical, mental, emotional and spiritual fitness. Nia Moving to Heal is 'Movement as Medicine' and is for anybody seeking a gentler movement practice to complement and facilitate healing of body, mind, emotions, and spirit. Nia Moving to Heal experience is defined simply by "I feel better." Students learn how to personalize movement to adapt to their comfort and health needs.
Pain Free Posture	This class uses a series of gentle exercises and stretches to restore the body back to its designed posture.
Pilates Group Reformer Principles	Learn the 5 basic principles of the Pilates reformer (spring-loaded resistance, pulleys and sliding carriage apparatus). This class is attended until approval is given by the instructor to advance.
Pilates Group Reformer	Take the core strength and stabilization exercises from Mat Pilates, onto a spring loaded machine. Spring loaded resistance, pulleys, and a sliding carriage will take your exercise to the next level, as the limbs gain more strength and functional flexibility. **Instructor permission is required for group reformer classes. Pre-requisite is Group Reformer Principles classes or work with a Pilates personal trainer to ensure that proper alignment can be maintained.**
Power Sculpt	Power Sculpt is a unique combination of power yoga, strength, and cardio movements. You'll combine free weights to your yoga flow for the ultimate total body workout. This is an upbeat and energizing class designed to challenge your mind, your body, and your soul. You'll flow through sequences targeting every muscle group, set in our heated studio.
Power Ride	Train like a machine in this 50 minute workout. Track your performance in real time with our Crank Board, and drive toward your personal best. We climb, we sprint, we race and we've added hand weights for a full body challenge.
Prenatal Yoga	Helps meet the challenges of pregnancy with gentle yoga poses and breathing techniques. For mothers-to-be in their 2nd and 3rd trimesters.
Pranayama	This class brings conscious awareness to your breath and incorporates various traditional breathing techniques.
Qigong	An ancient Chinese series of fluid movements coordinated with breathing to increase flow of energy throughout the body and mind. This is the most widely practiced form and can be performed sitting or standing.
Restorative Yoga	The body is placed in restful postures and supported by props. All postures gently stretch the body while promoting rest and relaxation.
Rhythm Ride	You'll quickly be addicted to this 50-minute beat-bumping party on a bike. Ride to the Rhythm and feel the beat with this perfectly choreographed mix of upper bodywork, hills and drills, while getting lost with the intoxicating fusion of music.
Simply Ride	Simple steps to successful indoor cycling in this beginner to intermediate-friendly class. Focus on form, technique and acclimation to safe, effective riding, all set to motivating music and instruction. 45-minute express class, 30-35 min actual ride time. (no online sign up - walk ins only)
Simply Strength	A brief warm-up followed by conditioning for the entire body using weights and resistance tubing. Emphasizes form, technique and isolated movements.
Strength Challenge	Perform compound, dynamic and isolated strength exercise using a variety of equipment or body weight for a total body workout. Expect a challenge!
Step	Instructors use their individual style and creativity in this traditional block choreography cardio class for those that love step.
Studio Ride 30, 45, 60	This cardio workout is based on standard cycling principles. Classes are technique-based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging. In this ride, our instructors use their own unique training and experience to bring this class to life.
Stretching	A gentle, effective stretching class. Stretch/Balance incorporates balance exercises.
Tabata 30 or 45	A timed interval-based class that combines cardio, strength, and core power segments followed by a brief recovery for a quick and efficient total body workout in just 30 or 45 minutes.
Tai Chi	Beginners learn a 14-step form that combines three internal martial art styles, T'ai Chi, Hsing-I and Ba Gua. Advanced students learn various exercises and martial arts applications using the 14-step to deepen the form.
Tai Chi: Hsing-I	Hsing-I: Tai Chi form that is excellent for improving coordination, maintaining focus, strengthening, and toning muscles.
Tai Chi: Push Hands	Gentle two-person exercises teach students how to sense and yield to the movements of their partners and to use Taiji movements to counter attacks and gain advantageous position. Some Taiji experience recommended.
Tai Chi (Taiji): Movements	Learn and practice gentle movements to improve balance, mind-muscle control and breathing. For beginners and experienced practitioners.
Tai Chi (Taiji) Yang: Short Form	Once you have learned individual Taiji movements, learn the 24-Step form, the most widely practiced sequence of Taiji movements in the world.
Target Zone	Timed intervals of cardio and strength, paired with heart rate monitoring to push your performance to the next level. MyZone or other performance-tracking devices recommended. All levels of experience are welcome.

Vinyasa Vinyasa I Vinyasa II Vinyasa III Vinyasa Foundations Vinyasa: Power Vinyasa: Heated Vinyasa: Improv Vinyasa: Ashtanga	Vinyasa I: A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful. Vinyasa II: A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful. In level II the pace may increase and more complex poses and inversions are introduced. Vinyasa Foundations: A continuous flow of movement using sun salutations and dynamic breathing that emphasizes proper alignment and builds a solid foundation for all Vinyasa style classes. Vinyasa III: A stronger flow of movement. Appropriate for advanced practitioners. Instructors will lead participants through more challenging poses and transitions including arm balances and inversions. Advanced Pranayama techniques will be included. Vinyasa Power: A more vigorous approach to Vinyasa. Appropriate for intermediate and advanced practitioners, the instructor will lead participants through postures focused on core-strength, arm-balancing, and inversions. Level II/III. Vinyasa Heated: (90-95 degrees) A vinyasa class with the added benefits of heat to help detoxify the body and improve flexibility and breathing. Vinyasa Improv: A modified practice of the primary series of Ashtanga yoga. A precise interlinking of traditional yoga postures creating continuous flow of movement and deep breathing. Level II/III. Vinyasa Ashtanga: A precise interlinking of power yoga postures, creating a continuous flow of movement and deep breathing. A good balance of strength and flexibility. Level II/III.
Vin/Yin Yoga	This yoga-fusion class blends the two styles of Vinyasa yoga and Yin yoga. Warm up the body with level I/II Vinyasa, followed by long holds in deep, passive, Yin postures with the support of bolsters, blocks and blankets.
Yoga for Athletes	A one-hour yoga class designed to challenge athletes with a particular focus on developing stamina while increasing strength, improving balance, and finding the flexibility required to maintain safety and integrity in athletics over time.
Yoga for New Moms	This postpartum workshop will address the specific physical and emotional needs unique to new moms. Babies from newborn to crawling are welcome to join, or come by yourself if you need a break.
Yoga for Veterans	A beginner-friendly class focusing on breathwork while also increasing strength, flexibility and the mind-body connection.
Kid Fit	Ages 5 and up. A fun group workout that includes fitness games and functional movement
Yin Yoga	Passive poses subtly open the body for more flexibility and energy flow while promoting a calm mind.
Yoga Nidra	Gain deep rest while exploring consciousness. Ideal for beginner through advanced meditators. Pillows and blankets are used.
Zabor Dance	These classes are designed to keep your heart pumping, develop your skill of partner dance, increase your understanding of rhythm recognition and musical interpretation. It will provide you with a substantial set of patterns and amalgamations that are sure to give you the confidence necessary to own the dance floor at your next event. Classes are highly active and progressive workshops, therefore, students are highly encouraged to sign-up in advance. Each month a new dance topic will be introduced. The format of each class will be divided into 2 sections; the first 40-minutes are for individual work (pattern recognition and stamina); and the second 20-minutes will be partner work (connections, lead and follow). <i>*Everyone is welcome, no experience required! **Couples are encouraged but they are not necessary. During my classes I constantly invite people to exchange partners so that everyone has a chance to experience the couples format of each dance, and they are also able to explore both rolls of the partnering skills (lead and/or follow).</i>
ZUMBA®	Learn elements of Salsa, Merengue, Flamenco, Cha Cha and other Latin styles in this dance fitness, calorie-burning class that is more like a party.

AQUATIC EXERCISE CLASS DESCRIPTIONS

Aqua Fit Deep	Cardiovascular conditioning, combined with core and total body resistance training for a whole body workout with little to no impact on your joints. Flotation belts are used.
Aqua Barre	Water class using ballet-inspired Barre exercises, balance and Aqua Stretch techniques to strengthen and tone the entire body.
Aqua Fit	A low impact, high-intensity cardiovascular, strength, core and flexibility workout that is appropriate for all fitness levels. Instructors add their individual style and flair.
Arthritis H ₂ O	These gentle exercise classes are designed to strengthen and tone muscles key to daily activities and to increase/maintain joint flexibility and range of motion. Classes are held in a 90 degree warm water pool.
Aqua Strength	Use the unique properties of water and resistance equipment to strengthen and tone your entire body.
Aqua Yoga/Stretch	Traditional yoga-based stretch techniques in the warm water pool to gently develop flexibility, strength and balance.
Aqua Zumba®	All the fun and challenge of traditional Zumba with a water flair for less impact on joints.
Fibromyalgia H ₂ O	A safe way to strengthen muscles and increase flexibility for those with fibromyalgia and chronic fatigue syndrome.
LaBlast® Splash	LaBlast® Splash is a fun-filled, high energy, shallow aqua fitness dance class that will challenge and inspire people of all ages and fitness levels. Learn the true skill of dance, while burning calories, set to music of any genre from Pop and Rock, to Hip-Hop and Country, and everything in between.
Senior Aquatics	A thorough workout and great social experience consisting of cardio, strength and core movements. Co-sponsored by the Senior Center.
Tabata H ₂ O	Traditional land-based 20 sec on, 10 sec off segments with the power and protection of water, for a unique challenge. A shallow version is offered Downtown. A deep version is offered at Albemarle Square.
WATERinMOTION®	The newest in aquatic exercise for those looking for a challenge. Cardio, strength, core and flexibility in one action-packed class, set to your favorite hits!