

## Where to start in group classes:

Group classes are held at all three 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<br>Barre<br>(A)                      | 5:15-6:00am<br>Strength Challenge<br>EX (G)   | 5:15-6:00am<br>Athletic Conditioning<br>EX (G) | 5:15-6:00am<br>Target Zone<br>(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<br>Athletic Conditioning (G)         | 6:10-7:00am<br>Intensity<br>(G)               | 6:10-7:00am<br>Strength Challenge<br>(G)       | 6:10-7:00am<br>AfterBURN<br>(G)                  | 6:00-7:00am<br>BODYPUMP™<br>(G)                |   |   |
| <b>p</b> 8:15-9:15am<br>Afri-Cardio<br>(A)       |   | <b>p</b> 8:15-9:00am<br>Simply Strength<br>(G) |  | <b>p</b> 8:15-9:00am<br>Simply Strength<br>(G) | 8:05-8:50am<br>AfterBURN Speed<br>(G)     |   |
| 8:15-9:00am<br>ZUMBA® EX<br>[S] (G)              |   |  |  |  | 8:00-8:50am<br>Barre<br>(A)               | [S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule.  |
| 9:00-9:15am<br>BODYPUMP™<br>Basics (G) [S]       |   | 9:10-10:05am<br>Athletic Conditioning (G)      |  | 9:10-10:05am<br>Athletic Conditioning (G)      | 9:00-9:50am<br>Athletic Conditioning (G)  |   |
| 9:15-10:15am<br>BODYPUMP™<br>(G)                 | 9:50-10:35am<br>H.I.I.T 45<br>(G)             | 10:30-11:20am<br>Barre<br>(A)                  | 9:50-10:35am<br>H.I.I.T 45<br>(G)                | 10:20-11:20am<br>BODYPUMP™<br>(G)              | 10:15-11:15am<br>BODYPUMP™<br>(G)         | 10:15-11:00am<br>H.I.I.T 45<br>(G)  |
| 10:30-11:30am<br>Strength Challenge<br>(G)       | <b>p</b> 10:10-10:50am<br>Stretching<br>(A)   | 10:30-11:30am<br>Strength Challenge<br>(G)     | <b>p</b> 10:10-10:50am<br>Stretching<br>(A)      | 10:30-11:20am<br>Barre<br>(A)                  |   | 10:30-11:30am<br>Barre Fusion<br>(A)  |
| <b>p</b> 11:30am-12:15pm<br>Fit Essentials (SGT) | <b>p</b> 10:45-11:45am<br>Dance Fusion<br>(G) | 11:50am-12:05pm<br>BODYSTEP™ Basics<br>(G)     | <b>p</b> 10:45-11:45am<br>Dance Fusion<br>(G)    | 11:00-11:50am<br>Power Sculpt<br>(C)           | <b>p</b> 11:30am-12:30pm<br>ZUMBA®<br>(G) | 11:15am-12:15pm<br>BODYCOMBAT™<br>(G)   |
| 12:10-12:55pm<br>Boxing Fit EX<br>(G)            | 12:05-12:50pm<br>BODYPUMP™ EX<br>(G)          | 12:10-12:55pm<br>BODYSTEP™ EX<br>(G)           | <b>p</b> 11:30am-12:15pm<br>Fit Essentials (SGT) | 11:30am-12:15pm<br>BODYFLOW™ EX<br>(G)         | 12:00-12:50pm<br>Barre<br>(A)             | 12:30-1:00pm<br>CXWORX™<br>(G)  |
|  | 12:10-12:55pm<br>Barre EX<br>(A)              | 12:15-1:15pm<br>LaBlast®<br>(A)                | 12:05-12:50pm<br>BODYPUMP™ EX<br>(G)             | 12:30-1:15pm<br>Athletic Conditioning EX (G)   | 12:45-1:45pm<br>BODYFLOW™<br>(G)          |   |
| 1:00-1:30pm<br>CXWORX™<br>(G)                    | 1:00-1:30pm<br>H.I.I.T 30<br>(G)              | 1:00-1:30pm<br>CXWORX™<br>(G)                  | 1:00-1:30pm<br>Tabata 30<br>(G)                  |  |   |   |

3:15-4:15pm  
BODYSTEP™  
(G)

|  |   |   |  |  |  |  |
|--|---|---|--|--|--|--|
|  |   | 4:00-4:15pm<br>BODYPUMP™<br>Basics (G) [S]  |  |  |  |  |
| 4:15-5:15pm<br>BODYPUMP™<br>(G)          | 4:15-5:10pm<br>Athletic Conditioning (G)              | 4:15-5:15pm<br>BODYPUMP™<br>(G)             |  |  |  |  |
|  | <b>p</b> 4:30-5:15pm<br>Dance Conditioning (A)        |   | 4:15-5:00pm<br>HIIT 45<br>(G)                  | <b>p</b> 4:25-5:25pm<br>Afri-Cardio<br>(G) |  |  |
|  | 5:20-5:35pm<br>Core<br>(G)                            |   | <b>p</b> 4:30-5:15pm<br>Dance Conditioning (A) | 4:25-5:25pm<br>Barre Fusion<br>(A)         |  |  |
| 5:30-6:30pm<br>BODYJAM™<br>(G)           | 5:45-6:45pm<br>Boxing Fit<br>(G)                      | 5:30-6:00pm<br>Tabata 30<br>(G)             | 5:10-5:40pm<br>CXWORX™<br>(G)                  | 5:35-6:35pm<br>BODYJAM™<br>(G)             |  |  |
| 6:45-7:45pm<br>Strength Challenge<br>(G) | 7:00-7:45pm<br>BODYPUMP™ EX<br>(G)                    | 6:15-7:00pm<br>Athletic Conditioning EX (G) | 5:45-6:30pm<br>BODYATTACK™<br>(G)              |  |  |  |
| 7:00-8:00pm<br>BODYFLOW™<br>(A)          | 7:00-7:50pm<br>Barre<br>(A)                           | <b>p</b> 7:10-7:55pm<br>ZUMBA® EX<br>(G)    | 7:00-7:45pm<br>BODYPUMP™<br>EX (G)             |  |  |  |
|  | <b>p</b> 8:00-9:00pm<br>Zabor Dance Starts Jan 15 (G) |   | 7:00-7:50pm<br>Pilates<br>(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<br>Tabata 45<br>(A)                 | 6:00-7:00am<br>BODYPUMP™<br>(A)                        | 6:00-6:45am<br>H.I.I.T. 45<br>(A)                     | 6:00-7:00am<br>BODYPUMP™<br>(A)                      | 6:00-7:00am<br>Athletic<br>Conditioning (A)                                   |   |   |
| <b>P</b> 8:35-9:30am<br>LaBlast®<br>(A)         | 8:35-9:20am<br>H.I.I.T. 45<br>(B)                      | <b>P</b> 8:35-9:30am<br>Dance Fusion<br>(A)           | 8:35-9:20am<br>STRONG by ZUMBA®<br>(B)               | <b>P</b> 8:35-9:20am<br>ZUMBA® EX<br>(A)                                      | 8:30-9:15am<br>Kettlebell EX<br>(B)               |   |
|   | 8:30-9:30am<br>BODYCOMBAT™ [S]<br>(A)                  |   | 8:45-9:30am<br>Step EX<br>(A)                        |   | 8:30-9:30am<br>INSANITY™<br>(A)                   | 9:00-10:00am<br>BODYPUMP™<br>(A)              |
|   | 9:15-10:15am<br>Baby Boot Camp®<br>(Adventure Central) | <b>P</b> 9:35-10:20am<br>Fit Essentials<br>(B)        | 9:30-10:30am<br>Barre<br>(B)                         | 9:35-10:35am<br>BODYSTEP™<br>(A)  | 9:30-10:30am<br>Barre<br>(B)                      |   |
| 9:35-10:35am<br>BODYSTEP™<br>(A)                | 9:30-10:30am<br>Barre<br>(B)                           | 9:35-10:05am<br>CXWORX™<br>(A)                        | 9:35-10:35am<br>BODYPUMP™<br>(A)                     |   | 9:35-10:35am<br>BODYCOMBAT™<br>(A)                |   |
|   | 9:35-10:35am<br>BODYPUMP™<br>(A)                       | 10:10-10:55am<br>BODYFLOW™ Ex<br>(A)                  |  | <b>P</b> 10:40-11:20am<br>Stretching<br>(B)                                   |   | 10:15-11:15am<br>Athletic<br>Conditioning (A) |
| <b>P</b> 10:40-11:20am<br>Stretching<br>(B)     |  | <b>P</b> 10:40-11:20am<br>Stretching<br>(B)           | <b>P</b> 10:45-11:45am<br>Foam Roller<br>Stretch (B) | 10:40-11:10am<br>CXWORX™<br>(A)   | 10:45am-12:00pm<br>BODYPUMP/STEP™<br>Interval (A) | 11:35am-12:35pm<br>BODYSTEP™<br>(A)           |
| <b>P</b> 11:30am-<br>12:15pm<br>Cardio Lite (B) | <b>P</b> 10:50-11:50am<br>Simply Strength<br>(A)       | <b>P</b> 11:30am-<br>12:15pm<br>Cardio Lite (B)       | <b>P</b> 10:50-11:50am<br>Simply Strength<br>(A)     | <b>P</b> 11:30am-<br>12:15pm Cardio<br>Lite (A)                               |   | 11:45am-12:35pm<br>Barre<br>(B)               |
| 12:25-1:25pm<br>BODYPUMP™<br>(A)                | 12:15-1:00pm<br>Athletic<br>Conditioning EX (A)        | 1:00-1:30pm<br>BODYPUMP™ 30<br>(A)                    |  | 12:25-1:25pm<br>BODYPUMP™<br>(A)  |   | 1:00-2:00pm<br>BODYFLOW™<br>(A)               |
|   |  |   |  |   |   | 2:15-2:30pm<br>BODYPUMP™<br>Basics (A)        |
|   |  |   |  |   |   | 2:30-3:30pm<br>BODYPUMP™<br>(A)               |
| 3:30-4:30PM<br>Barre<br>(B)                     | 3:00-3:45pm<br>Balance<br>(B)                          |   | <b>P</b> 3:00-3:45pm<br>Balance<br>(B)               |   |   | <b>P</b> 3:45pm-4:45pm<br>ZUMBA®<br>(A)       |
| <b>P</b> 4:40-5:25pm<br>Dance Fusion EX<br>(A)  | 4:25-5:25pm<br>BODYPUMP™<br>(A)                        | 4:25-5:25pm<br>BODYSTEP™<br>(A)                       | 4:25-5:25pm<br>BODYPUMP™<br>(A)                      |   |   |   |
| 4:40-5:25pm<br>H.I.I.T. 45<br>(B)               |  | <b>P</b> 4:30-5:20pm<br>LaBlast®<br>(B)               |  | 4:40-5:25pm<br>H.I.I.T. 45<br>(A)   |   |   |
| 5:30-6:30pm<br>BODYPUMP™<br>(A)                 | 5:30-6:30pm<br>BODYSTEP™<br>(A)                        | 5:30-6:30pm<br>Athletic<br>Conditioning (A)           | 5:30-6:00pm<br>CXWORX™<br>(A)                        | 5:30-6:30pm<br>BODYPUMP™<br>(A)   |   |   |
| 5:40-6:25pm<br>Kettlebell EX<br>(B)             |  | 5:30-6:30pm<br>Barre Fusion<br>(B)                    | 5:40-6:25pm<br>BODYCOMBAT™<br>EX (B)                 |   |   |   |
| 6:35-7:35pm<br>Barre<br>(B)                     | 6:35-7:05pm<br>CXWORX™<br>(A)                          | 6:35-7:35pm<br>BODYPUMP®<br>(A)                       | 6:05-7:05pm<br>BODYJAM™<br>(A)                       |   |   |   |
| <b>P</b> 6:40-7:40pm<br>ZUMBA®<br>(A)           |  | <b>P</b> 6:45-7:30pm<br>Foam Roller<br>Stretch EX (B) |  | <b>P</b> 6:40-7:55pm<br>First Friday<br>Dance Party<br>guests free<br>[S] (A) |   |   |
|   | <b>P</b> 7:10-8:00pm<br>ZUMBA®<br>(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](http://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](http://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   |
|--|--|---|---|---|---|--|
|  | <b>p</b> 6:00-7:00am<br>Hatha Yoga I/II<br>(C) |   | 6:00-7:00am<br>Hatha Yoga II<br>(C)                     |   |   |  |
| 7:15-8:15am<br>Hatha Yoga II<br>(C)            | 7:15-8:15am<br>Vinyasa Yoga I/II<br>(C)        | 7:15-8:15am<br>Hatha Yoga II<br>(C)                                 | 7:15-8:15am<br>Vinyasa Yoga II<br>(C)                   | 7:15-8:15am<br>Hatha Yoga II<br>(C)               | 7:45-8:45am<br>Hatha Yoga I/II<br>(C)   |  |
| 8:20-8:35am<br>Meditation<br>(C)               | <b>p</b> 8:00-9:00am<br>Qigong<br>(A)          | 8:20-8:35am<br>Meditation<br>(C)                                    | 8:00-9:00am<br>Hsing-I<br>(A)                           |   |   |  |
|  | <b>p</b> 8:40-9:40am<br>Nia®<br>(G)            |   | <b>p</b> 8:40-9:40am<br>Nia®<br>(G)                     |   |   |  |
|  | <b>p</b> 9:00-10:00am<br>Tai Chi<br>(A)        | <b>p</b> 9:00-10:00am<br>Chair Yoga<br>(A)                          | <b>p</b> 9:00-10:00am<br>Tai Chi<br>(A)                 | <b>p</b> 9:00-10:10am<br>Nia®<br>(A)              | <b>p</b> 9:00-10:10am<br>Nia®<br>(A)  | 9:00-10:00am<br>Hatha Yoga<br>with Alexander<br>Technique<br>(C) |
| 9:15-10:30am<br>Vinyasa Yoga II<br>(C)         | 9:00-10:00am<br>Hatha Yoga I<br>(C)            | 9:15-10:30am<br>Vinyasa Yoga II<br>(C)                              | <b>p</b> 9:00-10:00am<br>Hatha Yoga I<br>(C)            | 9:15-10:45am<br>Vinyasa Yoga:<br>Power (C)        | 9:00-10:00am<br>Vinyasa Yoga II<br>(C)  |  |
| 10:45-11:30am<br>Mat Pilates<br>Principles (A) | 10:15-11:30am<br>Hatha Yoga II<br>(C)          |   | 10:15-11:30am<br>Hatha Yoga II<br>(C)                   |   | 10:15-11:15am<br>Hatha Yoga II<br>(C)   |  |
| <b>p</b> 11:00am-<br>12:00pm<br>Meditation (C) |  | 10:45-11:45am<br>Yin Yoga<br>(C)                                    | <b>p</b> 11:00am-<br>12:00pm Alexander<br>Technique (A) |   | 10:30-11:45am<br>Intro to Iyenger<br>Yoga (A)   | 10:30am-11:45pm<br>Vinyasa Yoga:<br>Power (C)                    |
|  |  |   |   |   | 11:30am-12:45pm<br>Vinyasa Yoga II<br>(C)   |  |
| 12:15-1:15pm<br>Hatha Yoga II<br>(C)           | 12:15-1:15pm<br>Vinyasa Yoga II<br>(C)         | <b>p</b> 12:15-1:15pm<br>Hatha Yoga:<br>Easy Does It (C)            | 12:15-1:15pm<br>Vinyasa Yoga II<br>(C)                  | <b>p</b> 12:15-1:15pm<br>Chair Yoga<br>(A)        |   | 12:15am-1:15pm<br>Yoga for Athletes<br>(C)                       |
| 12:15-1:15pm<br>Mat Pilates w/<br>Props (A)    |  |   | 12:15-1:15pm<br>Yin Yoga<br>(A)                         | 12:15-1:15pm<br>Hatha Yoga II<br>(C)              |   |  |
|  |  | <b>p</b> 1:30-3:00pm<br>Kundalini Yoga<br>(C)                       |   | 1:15-1:30pm<br>Pranayama<br>(C)                   | 1:00-2:15pm<br>Intro to<br>Classical Yoga<br>8 weeks<br>Jan 5 - Feb 23<br>(C)   |  |
|  |  | 3:15-4:00am<br>Yoga Nidra<br>1st Wednesday of<br>every month<br>(C) |   | <b>p</b> 3:00-4:15pm<br>Hatha Yoga: Gentle<br>(C) | See web schedule for<br>Saturday Special Classes<br>and Workshops<br><a href="http://acac.com/charlottesville/group-exercise">acac.com/charlottesville/group-exercise</a> | <b>p</b> 1:45-3:00pm<br>Hatha Yoga I/II<br>(C)                   |
| 4:15-5:15pm<br>Prenatal Yoga<br>(A)            |  |   |   |   |   | <b>p</b> 1:45-3:00pm<br>Restorative Yoga<br>(A)                  |
| 4:15-5:15pm<br>Vinyasa Yoga II<br>(C)          | 4:15-5:15pm<br>Vinyasa Yoga II<br>(C)          | 4:15-5:15pm<br>Vinyasa Yoga II<br>(C)                               | 4:15-5:15pm<br>Vinyasa Yoga II<br>(C)                   | 4:30-5:30pm<br>Hatha Yoga II<br>(C)               |   | <b>p</b> 3:15-4:30pm<br>Nia®: Moving to<br>Heal (A)              |
| 5:30-6:45pm<br>Vinyasa Yoga II<br>(C)          | 5:30-7:00pm<br>Yin Yoga<br>(C)                 | 4:30-5:45pm<br>Hatha Yoga II<br>(A)                                 | <b>p</b> 5:30-6:45pm<br>Hatha Yoga II<br>(C)            |   |   | 3:15-4:30pm<br>Vinyasa Yoga II<br>(C)                            |
| 5:30-6:30pm<br>Hatha Yoga I/II<br>(A)          | 5:30-6:45pm<br>Prenatal Yoga<br>(A)            | 5:30-6:45pm<br>Vinyasa Yoga II<br>(C)                               | 5:30-6:45pm<br>Intro to Iyenger<br>Yoga (A)             | 5:45-7:00pm<br>Vinyasa Yoga II<br>(C)             |   | 5:00-6:15pm<br>Yin Yoga<br>(C)                                   |
|  |  | <b>p</b> 6:00-7:00pm<br>Nia®<br>(A)                                 |   | <b>p</b> 6:00-7:00pm<br>Nia®<br>(A)               |   |  |
| 7:00-8:15pm<br>Yin Yoga<br>(C)                 |  | <b>p</b> 7:00-8:00pm<br>Hatha Yoga II<br>(C)                        |   |   |   |  |
|  | 7:15-8:15pm<br>Vinyasa Yoga II<br>(C)          |   | <b>p</b> 7:15-8:15pm<br>Hatha Yoga I<br>(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<br>Intro to Meditation (MB)        |  |  | <b>P</b> 8:00-9:15am<br>Hatha Yoga I/II (MB)  |   |
| <b>P</b> 9:00-10:15am<br>Hatha Yoga: Gentle (MB) | 9:00-10:30am<br>Vinyasa Yoga II (MB)                                   |  | 9:00-10:30am<br>Vinyasa Yoga: Power (MB)           | 9:00-10:00am<br>Hatha Yoga I/II (MB)                       |   | <b>P</b> 9:00-10:30am<br>Hatha Yoga I/II (MB)       |
| 9:00-10:00am<br>Pain Free Posture (B)            |  | <b>P</b> 9:00-10:00am<br>Hatha Yoga I/II (MB)  |  | 9:00-10:00am<br>Mat Pilates with Props (B)                 | 9:30-10:45am<br>Vinyasa Yoga I/II (MB)  |   |
|  |  |  |  |  |   | 10:00-11:30am<br>Karate & Kendo: Advanced Class (B) |
| 10:30-11:30am<br>Hatha Yoga I/II (MB)            |  | 10:15-11:15am<br>Vinyasa Yoga I (MB)           |  | <b>P</b> 10:15-11:15am<br>Hatha Yoga: Gentle (MB)          |   | 10:45-11:45am<br>Vinyasa Yoga I/II (MB)             |
| <b>P</b> 10:45am-12:00pm<br>Nia® (A)             | <b>P</b> 11:00am-12:00pm<br>Chair Yoga (MB)                            | <b>P</b> 11:00am-12:15pm<br>Nia® (A)           | <b>P</b> 11:00am-12:00pm<br>Chair Yoga (MB)        |  | <b>P</b> 11:00am-12:00pm<br>Qigong (B)  |   |
| 12:15-1:30pm<br>Yin Yoga (MB)                    |  | 11:30-12:15pm<br>Mat Pilates Principles (MB)   |  | <b>P</b> 11:25am-12:25pm<br>Nia® (B)                       | See web schedule for Saturday Special Classes and Workshops<br><a href="http://acac.com/charlottesville/group-exercise">acac.com/charlottesville/group-exercise</a> | <b>P</b> 12:00-1:15pm<br>Prenatal Yoga (MB)         |
|  | <b>P</b> 12:15-1:15pm<br>Hatha Yoga: Intro (MB)                        |  | 12:00-12:45pm<br>Mat Pilates with Props (B)        | <b>P</b> 11:30am-12:30pm<br>Yoga with Alexander Tech. (MB) |   |   |
|  |  |  | 12:15-1:15pm<br>Hatha Yoga I/II (MB)               |  | <b>P</b> 12:30-12:45pm<br>Nia® Intro (A)  |   |
| 12:30-1:00pm<br>Tai Chi: Push Hands (B)          |  | 12:30-1:30pm<br>Mat Pilates (MB)               |  | 12:30-1:00pm<br>Tai Chi: Push Hands (B)                    | <b>P</b> 12:45-1:45pm<br>Nia® (A)   | <b>P</b> 12:45-1:45pm<br>Nia® (B)                   |
|  |  | 12:30-1:00pm<br>Tai Chi: Push Hands (B)        |  | 12:45-1:45pm<br>Mat Pilates (MB)                           |   |   |
| 1:05-1:35pm<br>Tai Chi: Yang Short Form (B)      |  | 1:05-1:35pm<br>Tai Chi: Yang Short Form (B)    | 1:00-1:30pm<br>Vinyasa Yoga 30 (B)                 | 1:05-1:35pm<br>Tai Chi: Yang Short Form (B)                |   |   |
| <b>P</b> 1:40-2:40pm<br>Tai Chi: Movements (A)   |  | <b>P</b> 1:40-2:40pm<br>Tai Chi: Movements (A) |  | <b>P</b> 1:40-2:40pm<br>Tai Chi: Movements (A)             |   | 1:30-3:00pm<br>Kundalini Yoga (MB)                  |
|  |  |  |  | 2:00-3:15pm<br>Yin & Restorative Yoga (MB)                 | See web schedule for Saturday Special Classes and Workshops<br><a href="http://acac.com/charlottesville/group-exercise">acac.com/charlottesville/group-exercise</a> | <b>P</b> 3:30-5:00pm<br>Restorative Yoga (MB)       |
|  |  |  |  |  |   |   |
| 4:30-5:30pm<br>Hatha Yoga II (MB)                | <b>P</b> 4:30-5:30pm<br>Hatha Yoga I/II (MB)                           | 4:30-5:30pm<br>Vinyasa Yoga II (MB)            | <b>P</b> 4:30-5:30pm<br>Hatha Yoga I/II (MB)       | 4:20-5:20pm<br>Yoga for Athletes (MB)                      |   |   |
|  | <b>P</b> 5:45-6:45pm<br>Nia® (B)                                       |  | 6:00-7:15pm<br>Vinyasa Yoga II (MB)                | 5:45-6:45pm<br>Karate: Intermediate Class (B)              |   |   |
| <b>P</b> 6:00-7:30pm<br>Hatha Yoga: Gentle (MB)  | 6:00-7:15pm<br>Vinyasa Yoga I/II (MB)                                  | <b>P</b> 6:00-7:30pm<br>Yin Yoga (MB)          |  |  |   |   |
|  | <b>P</b> 7:15-8:30pm<br>Karate: All Ranks Class (B)                    |  | <b>P</b> 7:15-9:00pm<br>Kendo: All Ranks Class (A) | 6:45-8:00pm<br>Karate: Advanced Class (B)                  |   |   |
|  | 7:30-8:30pm<br>Intro to Vinyasa Yoga<br>6 weeks<br>Jan 8 - Feb 12 (MB) |  |  | 6:45-8:00pm<br>Kendo: Advanced Class (A)                   |   |   |

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

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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<br>Pilates Group Reformer (P) |  | 9:30-10:30am<br>Pilates Group Reformer (P) |  | 9:30-10:30am<br>Pilates Group Reformer (P) | 9:30-10:25am<br>Pilates Group Reformer (P)             |  |
|  | 12:15-1:15pm<br>Pilates Group Reformer (P) |  | 12:15-1:15pm<br>Pilates Group Reformer (P) |  | 10:30-11:25am<br>Pilates Group Reformer Principles (P) | 12:30-1:25pm<br>Pilates Group Reformer (P) |
| 5:30-6:30pm<br>Pilates Group Reformer (P)  |  |  |  |  | 1:15-2:15pm<br>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<br>Pilates Group Reformer (P) |   | 9:00-9:55am<br>Pilates Group Reformer (P) |  | 9:00-10:00am<br>Pilates Group Reformer (P) |        |
|        |   | 11:30am-12:25pm<br>Pilates Group Reformer (P) |   | 10:00-11:00am<br>Pilates Group Reformer (P)              |  |        |
|        |   |   |   | 11:00am-12:00pm<br>Pilates Group Reformer Principles (P) |  |        |
|        |   | 5:30-6:30pm<br>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<br>Vinyasa Yoga I/II          |   |   | 5:35-6:20am<br>Tabata [s]                   |                                       |                                      |
| 8:30-9:15am<br>Tabata 45                    | 8:30-9:20am<br>Barre [s]                  |   | <b>p</b> 8:25-9:25am<br>Dance Fusion Gold |   |                                       |                                      |
| <b>p</b> 9:30-10:45am<br>Hatha Yoga I/II    | 9:30-10:30am<br>Athletic Conditioning     | 8:45-10:00am<br>Vinyasa Yoga I/II           | 9:30-10:30am<br>Athletic Conditioning     | <b>p</b> 8:45-10:00am<br>Hatha Yoga I/II    | 9:00-10:00am<br>Athletic Conditioning | 9:30-10:20am<br>STRONG by ZUMBA® [s] |
|   | <b>p</b> 10:35-11:20am<br>Stretch/Balance | 10:05-11:05am<br>Strength Challenge         |   | 10:05am-11:05pm<br>Strength Challenge       | 10:15-11:30am<br>Vinyasa Yoga I/II    |                                      |
| <b>p</b> 11:15am-12:15pm<br>Simply Strength |   | <b>p</b> 11:15am-12:15pm<br>Simply Strength | 10:45-11:45am<br>Intro to Yin             | <b>p</b> 11:15am-12:15pm<br>Simply Strength |                                       |                                      |
|   | <b>p</b> 4:30-5:45pm<br>Yin Yoga          |   | 4:30-5:30pm<br>Hatha Yoga I/II            |   |                                       |                                      |
|   |   | 5:45-6:45pm<br>Vinyasa Yoga I/II            | <b>p</b> 5:45-6:45pm<br>ZUMBA®            |   |                                       |                                      |
|   | <b>p</b> 6:35-7:35pm<br>ZUMBA®            |   |   |   |                                       |                                      |

- Welcoming beginners
- New class
- Advance sign-up required
- p** 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                               |
|---|---|--|---|--|---|--------------------------------------|
|   |   |  |   |  | 7:45-8:45am<br>Mat Pilates  |                                      |
| 9:00-10:00am<br>Hatha Yoga I/II         | <b>P</b> 9:00-9:45am<br>Simply Strength | 9:00-9:45am<br>Mat Pilates EX <b>[S]</b> | <b>P</b> 9:00-9:45am<br>Simply Strength |  |   |                                      |
|   | 9:45-10:00am<br>Simply Strength         | 10:30-11:15am<br>Mommy and Me            | <b>P</b> 9:45-10:00am<br>Stretch        |  | 10:30-11:30am<br>Vinyasa Yoga I/II  | 11:00-12:00pm<br>Intro to Hatha Yoga |
| 12:00-12:50pm<br>Barre                  | 12:00-12:45pm<br>Dance Fusion           | 12:00-12:50pm<br>Barre                   | 12:00-1:00pm<br>Hatha Yoga: Intro       | 12:00-1:00pm<br>Yin Yoga   |   | <b>P</b> 2:00-2:50pm<br>LaBlast®     |
| <b>P</b> 4:30-5:15pm<br>Simply Strength | 4:30-5:30pm<br>BODYCOMBAT™              | <b>P</b> 4:30-5:15pm<br>CIZE™ LIVE       | 4:30-5:30pm<br>Yin Yoga                 | <b>[S]</b> SEASONAL CLASS:<br>Seasonal classes may not be offered for the full date range of the schedule. | <div style="display: flex; flex-direction: column; gap: 5px;"> <div style="background-color: #d9ead3; width: 20px; height: 10px; display: inline-block;"></div> Welcoming beginners</div> <div style="background-color: #f5f5dc; width: 20px; height: 10px; display: inline-block;"></div> Intermediate to advanced |                                      |

**P**

# AQUATIC EXERCISE | acac DOWNTOWN

| Monday                                 | Tuesday   | Wednesday                               | Thursday                                 | Friday   | Saturday  | Sunday |
|--|---|---|--|--|---|--------|
| 9:15-10:15am<br>WATERinMOTION®<br>(A)  | 9:30-10:15am<br>Aqua Fit Deep EX<br>(A)   | 9:30-10:15am<br>Aqua Fit EX<br>(A)      | 9:30 -10:15am<br>Aqua Fit Deep EX<br>(A) | 9:30-10:15am<br>Aqua Fit EX<br>(A)   | 8:30-9:30am<br>WATERinMOTION®<br>(A)                                    |        |
| 10:20-11:05am<br>Aqua Strength<br>(WW) |   | 10:20-11:05am<br>Aqua Strength<br>(WW)  |  | 10:20-11:05am<br>Aqua Strength<br>(WW)   |   |        |
| 11:10-12:00pm<br>Aqua Stretch<br>(WW)  | 11:10am-12:00pm<br>Arthritis H <sub>2</sub> O<br>(WW)   | 11:10am-12:00pm<br>Aqua Stretch<br>(WW) |  | 11:10-11:55am<br>Arthritis H <sub>2</sub> O<br>(WW)                            |   |        |
|  | 12:05-12:50pm<br>Aqua Fit Deep EX<br>(A)  |   | 12:05-12:50pm<br>Aqua Fit Deep EX<br>(A) |  |   |        |
| 6:00-6:45pm<br>Aqua Fit EX<br>(A)      | <b>Please note:</b> These schedules list aquatics classes only. Please see Member Services or <a href="http://acac.com">acac.com</a> for the Pool Usage Schedule. |   |  | 1:00-1:35pm<br>H.I.I.T H <sub>2</sub> O*<br>(A)<br><br>*Not ideal for p.r.e.p. | Aquatic Exercise classes are included with your <b>acac</b> membership! |        |

# AQUATIC EXERCISE | acac ALBEMARLE SQUARE

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday                               | Sunday                                |
|--|--|---|--|---|--|---------------------------------------|
| 6:15-7:00am<br>Tabata H <sub>2</sub> O Deep<br>(A)   |  | 6:15-7:00am<br>Aqua Fit Deep EX<br>(A)              |  | 6:15-7:00am<br>Aqua Fit Deep EX<br>(A)              | 8:30-9:15am<br>Aqua Fit Deep EX<br>(A) | 10:00-11:00am<br>Aqua Fit Deep<br>(A) |
| 9:15-10:00am<br>WATERinMOTION®<br>EX (A)             | 9:00-10:00am<br>Aqua Fit Deep<br>(A)   | 9:00-9:50am<br>LaBlast® Splash<br>(A)               | 9:00-10:00am<br>Aqua Fit Deep<br>(A)                     | 9:30-10:15am<br>WATERinMOTION®<br>EX (A)            | 9:20-10:10am<br>Aqua ZUMBA®<br>(A)     |                                       |
|  | 10:15-11:15am<br>Senior Aquatics<br>(A)  | 10:20-11:00am<br>Aqua Stretch<br>(WW)               | 10:15-11:15am<br>Senior Aquatics<br>(A)                  |   |  |                                       |
| 10:20-11:00am<br>Aqua Strength<br>(WW)               | 10:20-11:00am<br>Aqua Strength<br>(WW)   |   | 10:20-11:00am<br>Aqua Strength<br>(WW)                   | 10:20-11:00am<br>Aqua Strength<br>(WW)              |  |                                       |
| 11:05-11:50am<br>Arthritis H <sub>2</sub> O<br>(WW)  |  | 11:05-11:50am<br>Arthritis H <sub>2</sub> O<br>(WW) | 11:20am-12:00pm<br>Fibromyalgia H <sub>2</sub> O<br>(WW) | 11:00am-12:00pm<br>Senior Aquatics<br>(A)           |  |                                       |
| 12:15-1:00pm<br>Aqua Fit Deep EX<br>(A)              | 12:15-1:00pm<br>Aqua Fit Deep EX<br>(A)  | 12:15-1:00pm<br>Tabata H <sub>2</sub> O Deep<br>(A) | 12:15-1:00pm<br>Aqua Barre/<br>Stretch (WWP)             | 11:05-11:50am<br>Arthritis H <sub>2</sub> O<br>(WW) |  |                                       |
| 1:15-2:15pm<br>Senior Aquatics<br>(A)                |  | 1:15-2:15pm<br>Senior Aquatics<br>(A)               |  | 12:15-1:00pm<br>Aqua Fit Deep EX<br>(A)             |  |                                       |
|  | 5:35-6:25pm<br>Aqua Fit Deep<br>(A)  |   | 5:35-6:25pm<br>Aqua ZUMBA®<br>(A)                        |   |  |                                       |
| 5:45-6:30pm<br>Fibromyalgia H <sub>2</sub> O<br>(WW) | <div style="display: flex; justify-content: space-between; align-items: center;"> <span><b>P</b></span> <span style="font-size: 1.2em; font-weight: bold;">All Aquatic Exercise classes are p.r.e.p.-friendly!</span> <span><b>P</b></span> </div> |   |  |   |  |                                       |

(A) Activity Pool  
(WW) Warm Water Pool

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 Welcoming beginners  
 New class

EX Express class  
A 30 to 45 minute version of a longer class

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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<br>Rhythm Ride<br>(CS)    | 6:00-6:50am<br>Power Ride<br>(CS)             | 6:00-6:50am<br>Rhythm Ride<br>(CS)    | 6:00-6:50am<br>Power Ride<br>(CS)             | 6:00-6:50am<br>Rhythm Ride<br>(CS)      |                                       |   |
| 9:30-10:20am<br>Rhythm Ride<br>(CS)   | 9:30-10:20am<br>Power Ride<br>(CS)            | 9:30-10:20am<br>Rhythm Ride<br>(CS)   | 9:30-10:20am<br>Rhythm Ride<br>(CS)           | 9:30-10:20am<br>Rhythm Ride<br>(CS)     | 8:45-9:45am<br>Studio Ride 60<br>(CS) | 9:00-9:50am<br>Power Ride<br>(CS)               |
|                                       | <b>p</b> 10:30-11:15am<br>Simply Ride<br>(CS) |                                       | <b>p</b> 10:30-11:15am<br>Simply Ride<br>(CS) | 10:30-11:15am<br>Studio Ride 45<br>(CS) | 10:00-10:50am<br>Rhythm Ride<br>(CS)  | 10:10-11:00am<br>Rhythm Ride<br>(CS)            |
| 12:10-1:00pm<br>Power Ride<br>(CS)    | 12:10-1:00pm<br>Rhythm Ride<br>(CS)           | 12:10-1:00pm<br>Power Ride<br>(CS)    | 12:10-1:00pm<br>Rhythm Ride<br>(CS)           | 12:10-1:00pm<br>Power Ride<br>(CS)      |                                       | <b>p</b> 11:15am-12:00pm<br>Simply Ride<br>(CS) |
|                                       |   |                                       |   |   |                                       | 12:15-1:05pm<br>Rhythm Ride<br>(CS)             |
| 4:15-5:05pm<br>Rhythm Ride<br>(CS)    | 4:15-5:05pm<br>Power Ride<br>(CS)             | 4:15-5:05pm<br>Rhythm Ride<br>(CS)    | <b>p</b> 4:15-5:00pm<br>Simply Ride<br>(CS)   |   |                                       | 4:00-4:50pm<br>Rhythm Ride<br>(CS)              |
| 5:30-6:30pm<br>Studio Ride 60<br>(CS) | 5:30-6:20pm<br>Rhythm Ride<br>(CS)            | 5:30-6:30pm<br>Studio Ride 60<br>(CS) | 5:30-6:20pm<br>Power Ride<br>(CS)             |   |                                       |   |
|                                       | 6:45-7:35pm<br>Power Ride<br>(CS)             | 6:45-7:35pm<br>Rhythm Ride<br>(CS)    |   |   |                                       |   |

(CS) Cycle Studio

Welcoming beginners

Intermediate to advanced

New class

**p** p.r.e.p.-friendly class

All cycle classes require sign up

# EDGE CYCLE | acac ALBEMARLE SQUARE

| Monday   | Tuesday                                      | Wednesday                                       | Thursday                                | Friday   | Saturday   | Sunday  |
|--|--|---|---|--|--|---|
| 6:00-6:50am<br>Rhythm Ride<br>(CS)             | 6:00-6:50am<br>Rhythm Ride<br>(CS)           | <b>p</b> 6:00-6:45am<br>Studio Ride 45<br>(CS)  | 6:00-6:50am<br>Rhythm Ride<br>(CS)      | <b>p</b> 6:00-6:45am<br>Studio Ride 45<br>(CS) |  |   |
| 9:00-10:00am<br>Studio Ride 60<br>(CS)         | 9:00-9:50am<br>Rhythm Ride<br>(CS)           | <b>p</b> 9:00-10:00am<br>Studio Ride 60<br>(CS) | 9:00-9:50am<br>Rhythm Ride<br>(CS)      | 9:00-10:00am<br>Studio Ride 60<br>(CS)         | 8:45-9:35am<br>Power Ride<br>(CS)                | 9:00-9:50am<br>Rhythm Ride<br>(CS)            |
| 12:15-1:00pm<br>Studio Ride 45<br>(CS)         | <b>p</b> 12:15-1:00pm<br>Simply Ride<br>(CS) | 12:15-12:45pm<br>Studio Ride 30<br>(CS)         | 12:15-12:45pm<br>Studio Ride 30<br>(CS) | 12:15-1:00pm<br>Simply Ride<br>(CS)            | <b>p</b> 10:00-10:45am<br>Studio Ride 45<br>(CS) | <b>p</b> 10:00-10:45am<br>Simply Ride<br>(CS) |
| <b>p</b> 4:30-5:15pm<br>Studio Ride 45<br>(CS) |  | <b>p</b> 4:30-5:15pm<br>Studio Ride 45<br>(CS)  |   |  |  |   |
| 6:00-6:45pm<br>Studio Ride 45<br>(CS)          | 5:45-6:35pm<br>Rhythm Ride<br>(CS)           |   | 5:45-6:35pm<br>Rhythm Ride<br>(CS)      |  |  |   |

(CS) Cycle Studio

Welcoming beginners

Intermediate to advanced

New class

**p** p.r.e.p.-friendly class

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.  |
| Addressing Pain with Alexander Technique   | This class will use experiential anatomy lessons to illuminate how to change habits and ease back pain. There will be light hands-on work with instructor Jen Kelly, who is an AmSAT certified Alexander teacher.   |
| 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.  |
| Asana Workshop   | This interactive workshop provides individualized instruction for common yoga poses including alignment, and modifications specific to your needs. Open to all levels.  |
| 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   | <b>Barre</b> is a ballet-inspired workout using the barre, light weights and props to strengthen and tone the entire body. <b>Barre Fusion</b> 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™<br>BODYPUMP™ Basics  | This barbell class strengthens all major muscles in a motivating group environment. Learn fundamentals on form and technique in <b>BODYPUMP™ Basics</b> .   |
| BODYSTEP™<br>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 <b>BODYSTEP™ Basics</b> , Wed. 11:50am Downtown before the 12:10pm <b>BODYSTEP™ EX</b> class.  |
| BODYPUMP/STEP™ Interval  | Intervals of <b>BODYPUMP™</b> and <b>BODYSTEP™</b> 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>  |
| 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.  |
| Cheng Ming Hsing-I   | Cultivates "explosive," "charging," or "fast" chi compared to the "slow" chi of Tai Chi Chuan. Training Hsing-I Chuan makes the chi circulate faster in the body than possible from practicing Tai Chi Chuan alone.   |
| 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! <b>Dance Fusion Gold:</b> 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.   |
| Fall Sampler EX  | Sample a new format each week including Les Mills and Freestyle formats. Add some variety to your workout week and explore new possibilities in group fitness!  |
| 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<br>Hatha I<br>Hatha II<br>Hatha III<br>Easy Does It<br>Gentle<br>Intro<br>Intro to Iyengar Yoga | <b>Hatha I:</b> 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. <b>Hatha II:</b> 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. <b>Hatha III:</b> Designed to help students advance their yoga practice. More advanced postures and sequences are taught requiring more strength, stamina and flexibility. <b>Hatha Gentle:</b> A Hatha class with less vigorous standing and more supine and seated postures. <b>Easy Does It:</b> A 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. <b>Intro:</b> Learn breathing, sequencing and proper alignment for postures in Hatha Yoga. <b>Intro to Iyengar Yoga:</b> Learn breathing, sequencing and proper alignment for postures in Hatha Yoga from the Iyengar tradition, which values proper alignment. |
| H.I.I.T. 30, 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.  |



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| Karate & Kendo                        | <b>Karate</b> students learn principles of self defense, discipline and focus through the practice of kata, mat work and sparring. <b>Kendo</b> 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 Advance.   |
| 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<br>Mat Pilates Principles | <b>Mat Pilates:</b> A series of exercises designed to strengthen the muscles of the core while promoting proper spinal alignment. <b>Mat Pilates Principles:</b> Focuses on the basic principles of Pilates to help beginner participant or those that want a more gentle form of Pilates with more instruction.   |
| Meditation                            | Feel relaxed, peaceful, focused, and develop more inner awareness.   |
| Meditation and Paramahansa            | Breathing and meditation that may include deep relaxation and energizing exercises in the Paramahansa Yogananda tradition.   |
| Meditation: Yoga Nidra                | A deeply relaxing form of meditation that can be done sitting or reclining. Yoga Nidra means "yogic sleep."  |
| Mommy and Me                          | Class is focused on safe mommy and me exercises to combine taking care of yourself with fun for you and your baby! Come out and join other moms for support and guided exercise for postpartum fitness.  |
| Nia®<br>Nia®/Intro                    | Nia® is an energizing workout, expressive movement form, and lifestyle practice to achieve physical, mental, emotional and spiritual fitness. New to Nia®? Try the Intro class on Saturday at 12:30pm at Albemarle Square. <b>Nia Moving to Heal</b> is 'Movement as Medicine' and is for anybody seeking a gentler movement practice to compliment 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. Sat. 11:00am Downtown and Fri. 11:00am at Albemarle Square.  |
| ▶ Pilates Gr. 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                          | A mindful integration of heated vinyasa, free weights and cardio intervals, set to high energy music, to build strength, stability and stamina.  |
| ▶ 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.  |
| R.I.P.P.E.D.™                         | Total body "plateau proof fitness formula" workout utilizing resistance and cardio training. This class combines Resistance, Interval, Power, Plyometrics, Endurance and Diet components to get you fit.   |
| ▶ 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. <b>Stretch/Balance</b> incorporates balance exercises.   |

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| STRONG by ZUMBA®  | (Not a dance class) Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move from every squat, every lunge and each burpee!   |
| 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 min.   |
| Tai Chi: Cheng Ming   | 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 : Cheng Ming Hsing-I  | Cultivates "explosive", "charging", or "fast" chi compared to the "slow" chi of Tai Chi Chuan. Training Hsing-I Chuan makes the chi circulate faster in the body than possible from practicing Tai Chi Chuan alone.  |
| Tai Chi: Hsing-I  | Hsing-I: Tai Chi form that is excellent for improving coordination, maintaining focus, strengthening, and toning muscles.  |
| T'ai 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.  |
| T'ai Chi (Taiji): Movements   | Learn and practice gentle movements to improve balance, mind-muscle control and breathing. For beginners and experienced practitioners.  |
| T'ai 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<br>Vinyasa I<br>Vinyasa II<br>Vinyasa III<br>Vinyasa Foundations<br>Vinyasa: Power<br>Vinyasa: Heated<br>Vinyasa: Improv<br>Vinyasa: Ashtanga | <b>Vinyasa I:</b> A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful. <b>Vinyasa II:</b> 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 2 the pace may increase and more complex poses and inversions are introduced. <b>Vinyasa Foundations:</b> 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. <b>Vinyasa III:</b> 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. <b>Vinyasa Power:</b> 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. <b>Vinyasa Heated:</b> (90-95 degrees) A vinyasa class with the added benefits of heat to help detoxify the body and improve flexibility and breathing. <b>Vinyasa Improv:</b> 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. <b>Vinyasa Ashtanga:</b> 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. |
| 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 Teens  | This class is focuses specifically on the teen population. These Yoga classes are designed to help teens with physical fitness, stress, and body awareness in a fun environment.   |
| 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.  |
| 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.   |

## AQUATIC EXERCISE CLASS DESCRIPTIONS

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| 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 ton 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 <sub>2</sub> 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 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 <sub>2</sub> 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. |
| Pre/Prenatal Water            | Customized to meet the needs of expectant or new moms.   |
| Senior Aquatics               | A thorough workout and great social experience consisting of cardio, strength and core movements. Co-sponsored by the Senior Center.   |
| Tabata H <sub>2</sub> 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!  |