



# Group Class Schedule

January 1 - May 31, 2017

Group Exercise  
Mind Body  
Aquatic Exercise  
Class Descriptions

**Midlothian**  
11621 Robious Road  
Midlothian, VA 23113  
phone 804.378.1600

**Short Pump**  
2201 Old Brick Road  
Glen Allen, VA 23060  
phone 804.464.0990

**acac.com**

# How to have a successful group class experience:

- Wear comfortable clothes and appropriate footwear. Please refrain from wearing perfumes or heavily scented lotions.
- Please limit personal conversations during class and refrain from using cell phones in the studios.
- Bring a water bottle and towel (required for cycle classes).
- Arrive early so you have time to set up equipment and speak with the instructor if you have any questions.

- The warm-up is essential to your safety. Do not enter a class more than 10 minutes after the listed start time.
- Choose impact and choreography options that feel right to you. Listen to your body and do what is comfortable.
- Cool-down and stretching are important components to a group class and your safety. Please do not leave class early.

Group classes are held seven days a week and are included in your **acac** membership.

Please consult the class descriptions on the following pages to choose the right class for you. This information is also available at the Front Desk and online at **acac.com**. In the class schedules on the following pages, look for classes highlighted in green. This color indicates classes appropriate for new participants. If you are not sure where to start, ask an **acac** team member for assistance.

GROUP EXERCISE   acac SHORT PUMP						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am Cycle (C)	5:30-6:30am BODYPUMP™ (GE)	5:30-6:15am Cycle EX (C)	5:30-6:30am Ultimate Fitness (GE)	5:30-6:30am Cycle & Strength (C)		
6:15-7:00am Tabata EX (GE)	6:30-7:15am Cycle EX (C)	6:15-7:00am Tabata EX (GE)	6:30-7:15am Cycle EX (C)	5:45-6:30am BODYPUMP™ EX (GE)	8:00-9:00am Cycle (C)	
8:15-9:15am BODYPUMP™ (GE)	8:15-9:15am Cycle (C)	8:15-9:15am BODYPUMP™ (GE)	8:15-9:15am Cycle (C)	6:45-7:15pm H.I.I.T. Cycle (C)	8:15-9:00am BODYSTEP™ EX (GE)	8:30-10:00am Cycle & Yoga (C & Y)
9:30-10:30am BODYATTACK™ (GE)	9:30-10:30am BODYPUMP™ (GE)	8:15-9:00am Cycle EX (C)	9:30-10:30am Strength Essentials (GE) <b>p</b>	8:15-9:15am BODYPUMP™ (GE)	9:00-9:45am Youth Fitness Ages 5-9 (MB)	9:00-10:00am Ultimate Fitness (GE)
9:30-10:15am Cycle EX (C)	9:30-10:30am Barre (MB)	9:30-10:30am Boxing Circuits (GE)		9:30-10:30am Barre (MB)	9:00-10:00am BODYPUMP™ (GE)	10:00-11:00am Cycle (C)
10:30-11:30am Barre (GE)	10:45-11:30am Zumba® Gold EX (GE) <b>p</b>	10:30-11:30am Zumba® (GE)	10:45-11:30am Zumba® Gold EX (GE) <b>p</b>	9:30-10:15am Rhythm Ride (C)	9:15-10:15am Cycle (C)	10:00-11:00am Ultimate Fitness (Thru 3/31) (GE)
11:30am-12:10pm Balance (MB) <b>p</b>		11:30am-12:10pm Balance (MB) <b>p</b>		9:30-10:30am Ultimate Fitness (GE)	9:45am-10:45am Barre (MB)	11:15-11:30am BODYPUMP™ 101 (GE) <b>p</b>
12:00-12:45pm Cycle EX (C)	12:00-12:45pm BODYPUMP™ EX (GE)	12:00-12:45pm Cycle EX (C)	12:00-12:45pm BODYPUMP™ EX (GE)	12:00-12:45pm Cycle EX (C)	10:00-11:00am BODYATTACK™ (GE)	11:30am-12:30pm BODYPUMP™ (GE)
12:50-1:00pm Core (GE)		12:50-1:00pm Core (GE)		12:50-1:00pm Core (GE)	10:30-11:15am Cycle EX (C)	12:30-1:15pm Sh'Bam™ (GE)
4:30-5:15pm Zumba® EX (GE)	4:30-5:15pm BODYPUMP™ EX (GE)	1:30-2:15pm adaptABLE Movement (MB) <b>p</b>	4:30-5:30pm BODYPUMP™ (GE)			4:00-5:00pm BODYPUMP™ (GE)
5:30-6:15pm Cycle EX (C)	4:30-5:15pm Cycle EX (C)	4:30-5:30pm Barre (MB)	4:45-5:30pm Youth Fitness Ages 5-9 (MB)		11:00-11:30am CXWORX™ (GE)	
5:30-6:30pm BODYPUMP™ (GE)	4:45-5:30pm Youth Fitness Ages 5-9 (MB)	5:30-6:15pm Cycle EX (C)	5:30-6:30pm BODYSTEP™ (GE)	5:30-6:15pm Cycle EX (Thru 3/31) (C)	11:30am-12:45pm Zumba® (GE)	
6:30-7:30pm Cycle & Strength (C)	5:15-5:45pm Core Plus (GE)	5:30-6:15pm Sh'Bam™ (GE)	6:00-7:00pm Cycle (C)	5:30-6:30pm BODYPUMP™ (GE)		
6:30-7:15pm BODYATTACK™ EX (GE)	5:45-6:30pm Ultimate Fitness EX (GE)	6:30-7:30pm BODYPUMP™ (GE)	6:00-7:00pm Barre (MB)			
6:35-7:05pm CXWORX™ (MB)	6:00-7:00pm Cycle (C)	6:30-7:00pm H.I.I.T. Cycle (C)	6:30-7:30pm Ultimate Fitness (GE)	6:30-7:30pm BollyX (GE)		
7:15-8:15pm Barre (MB)	6:30-7:30pm Zumba® (GE)					
7:20-8:05pm BODYPUMP™ EX (GE)	7:45-8:30pm Boxing Circuits EX (GE)	7:30-8:30pm Line Dancing (GE) <b>p</b>	7:45-8:30pm Boxing Circuits EX (GE)			

(C) Cycle Studio  
 (MB) Mind Body Studio  
 (GE) Group Exercise Studio

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Welcomes beginners  
 Moderate to advanced  
 New class  
 Youth class  
 10 or 15 minute class  
 Kid-friendly class  
*9- to 12-year-olds may attend with a parent*  
 **p** p.r.e.p.-friendly class

# MIND BODY | acac SHORT PUMP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30am Mat Pilates II (MB)		5:30-6:30am Mixed Level Vinyasa (Y)			
6:30-7:30am Core Flex Fusion (Y)		6:30-7:45am Yin Yoga (Y) <b>p</b>		6:30-7:30am Yin Yoga (Y) <b>p</b>		
		8:15-9:15am Nia® (MB) <b>p</b>			8:00-9:15am Hatha Yoga I (Y) <b>p</b>	8:30-10:00am Cycle & Yoga (C & Y)
9:15-10:15am Gentle Yoga (Y) <b>p</b>	9:15-10:30am Yin Yoga (Y) <b>p</b>	9:15-10:15am Gentle Yoga (Y) <b>p</b>	9:15-10:15am Vinyasa I/II (Y)	9:15-10:15am BODYFLOW™ (Y)	9:15-10:30am Mixed Level Vinyasa (Y)	10:00-11:00am Nia® (MB) <b>p</b>
10:30-11:30am Vinyasa II/III (Y)		9:30-10:30am Yoga H.I.I.T. (MB)	9:30-10:30am Mat Pilates I (MB)	10:30-11:45am Yin Yoga (Y) <b>p</b>	10:35-11:35am BODYFLOW™ (Y)	10:30-12:00pm Heated Vinyasa (Y)
10:30-11:30am Nia® (MB) <b>p</b>	10:30-11:30am BODYFLOW™ (Y)	10:30-11:15am Meditation (Y) <b>p</b>	10:30-11:45pm Restorative Yoga (Y) <b>p</b>	10:30-11:30am Nia® (MB) <b>p</b>	11:00-11:45am Chair Yoga (MB) <b>p</b>	2:00-3:00pm Yoga Essentials (Y) <b>p</b>
12:00-1:30pm Ashtanga (Y)	12:00-1:15pm Vinyasa II/III (Y)	12:00-1:30pm Ashtanga (Y)	12:00-1:15pm Vinyasa II/III (Y)	12:00-1:15pm Rockin' Vinyasa (Y)	12:00-1:00pm Prenatal Yoga (Y)	3:15-4:30pm Yin Yoga (Y) <b>p</b>
4:30-5:30pm Yoga H.I.I.T. (MB)	4:30-5:30pm Vinyasa I/II (Y)		4:30-5:45pm Vin/Yin (Y)		1:00-2:00pm Yoga 101 (3rd Sat) (Y) <b>p</b>	4:45-6:00pm Ashtanga Mix (Y)
5:30-6:30pm Yoga Essentials (MB) <b>p</b>	5:45-6:30pm Chair Yoga (MB) <b>p</b>					
6:00-7:15pm Mixed Level Vinyasa (Y)	6:00-7:15pm Yin Yoga (Y) <b>p</b>	6:00-7:15pm Vinyasa II/III (Y)	6:00-7:00pm BODYFLOW™ (Y)	5:30-6:45pm Fierce Flow (Y)		
	6:30-7:30pm Mat Pilates (MB)	6:30-7:15pm Kids Yoga (MB)				
	6:45-7:30pm Meditation (CR) <b>p</b>					
7:30-8:30pm Restorative Yoga (Y) <b>p</b>	7:30-8:30pm BODYFLOW™ (Y)	7:30-8:30pm Hatha Yoga I (Y) <b>p</b>	7:15-8:30pm Yin Yoga (Y) <b>p</b>			

(MB) Mind Body Studio  
(Y) Yoga Studio  
(C) Cycle Studio  
(CR) Conference Room  
(GE) Group Exercise Studio

- Welcomes beginners
- Moderate to advanced
- New class
- Youth class
- Kid-friendly class  
9- to 12-year-olds may attend  
with a parent
- p p.r.e.p.-friendly class

# AQUATIC EXERCISE | acac SHORT PUMP

**p** All Aquatic Exercise classes are p.r.e.p.-friendly!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:45-9:30am Deep Water Exercise (A)		8:45-9:30am Aqua Strength (WW)	8:30-9:15am Aqua Strength (WW)	10:00-10:45am WATERinMOTION® EX (A)	
9:15-10:15am WATERinMOTION® (A)	9:30-10:15am Aqua Strength (WW)	9:15-10:00am Aqua Zumba (A)	9:30-10:15am Deep Water Exercise (A)	9:15-10:15am WATERinMOTION® (A)		
12:30-1:15pm Aqua Yoga (WW)		12:30-1:15pm Arthritis H <sub>2</sub> O (WW)		12:30-1:15pm Arthritis H <sub>2</sub> O (WW)		
5:30-6:15pm Arthritis H <sub>2</sub> O (WW)		6:15-7:00pm Aqua Barre (WW)	3:30-4:15pm Aqua Yoga (WW)			
6:30-7:30pm WATERinMOTION® (A)		7:00-7:45pm Deep Water Exercise (A)				

(A) Activity Pool  
(WW) Warm Water Pool

- Welcomes beginners
- Moderate to advanced
- New class
- Kid-friendly class  
9- to 12-year-olds may attend  
with a parent

Get current schedule information on [acac.com](http://acac.com). Classes are subject to change.

# GROUP EXERCISE | acac MIDLOTHIAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00am INSANITY® LIVE (A)		5:30-6:15am Ultimate Fitness EX (A)		5:30-6:15am BODYCOMBAT™ EX (A)		
6:00-7:00am Cycle (C)	6:00-7:00am BODYPUMP™ (A)	5:45-6:30am RPM™ (C)	6:00-7:00am BODYPUMP™ (A)	6:00-7:00am Cycle (C)	8:00-9:00am BODYPUMP™ (A)	
8:15-9:15am Cardio Fusion or Drums Alive® (1st Mon. only) (A)	8:15-9:15am Strength Essentials (A) <b>p</b>	8:15-9:15am Cardio Fusion (A)	8:15-9:15am Strength Essentials (A) <b>p</b>	8:15-9:15am Cardio Moves (A)	8:15-9:15am Barre (B)	
	8:30-9:30am Ballroom Boogie (B) <b>p</b>		8:30-9:30am DanceFusion (B)		8:30-9:30am Cycle (C)	
9:15-10:15am Cycle & Strength (C)	9:30-10:15am BODYCOMBAT™ EX (A)	9:15-9:45am CXWORX™ (A)	9:30-10:30am Ultimate Fitness (A)	9:30-10:30am BODYPUMP™ (A)	9:00-9:30am CXWORX™ (A)	9:00-10:00am Ultimate Fitness (A)
9:30-10:30am BODYPUMP™ (A)	9:40-10:40am Barre (B)	9:45-10:15am INSANITY® LIVE (A)	9:40-10:40am Barre (B)	9:40-10:40am BODYSTEP™ (B)	9:30-10:30am BODYSTEP™ (B)	10:00-10:45am RPM™ (C)
9:40-10:40am BODYSTEP™ (B)	10:15-11:00am Ultimate Fitness EX (A)	10:00-11:15am Cycle & Strength (C)	10:30-11:30am BODYCOMBAT™ (A)	9:45-10:15am Cycle 101 (C) First Fri. only <b>p</b>	9:35-10:35am BODYCOMBAT™ (A)	10:15-11:15am Les Mills Samper (A)
10:30-11:15am Cycle EX (C)		10:30-11:30am BODYPUMP™ (A)		10:30-11:15am RPM™ (C)	9:45-10:30am RPM™ (C)	11:30am-12:30pm Strength Essentials (A) <b>p</b>
10:45-11:30am Lite 'n Lively (A) <b>p</b>		10:45-11:15am Lite 'n Lively EX (B) <b>p</b>		10:35-11:50am Zumba® Tone (75) (A)	10:35-11:50am Zumba® (A)	
11:30am-12:15pm Lite Strength (B) <b>p</b>	11:00-11:45pm Zumba® Gold (A) <b>p</b>	11:15-11:45am Lite Strength EX (B) <b>p</b>		10:45-11:15am Lite 'n Lively EX (B) <b>p</b>		2:00-3:00pm Barre (B)
11:30am-12:30pm Zumba® (A)	12:00-12:45pm Balance (B)	11:35am-12:50pm Zumba® Tone (75) (A)		11:15-11:45am Lite Strength EX (B) <b>p</b>		2:30-3:00pm BODYPUMP™ 101 (A) First Sun. only
12:30-1:30pm Boxing Circuits (A)	12:15-1:00pm Cycle EX (C)		12:15-1:00pm Cycle EX (C)	12:00-12:45pm Ageless Grace® (B) <b>p</b>		3:15-4:15pm BODYPUMP™ (A)
4:15-4:25pm Core (A) <b>p</b>						3:15-4:00pm Youth Fitness Ages 5-9 (B)
4:30-5:15pm Cardio Interval EX (A) <b>p</b>						4:30-5:30pm Zumba® (A)
4:45-5:45pm Barre (B)	4:30-5:30pm BODYPUMP™ (A)		4:30-5:30pm Strength Essentials (A) <b>p</b>	5:30-6:15pm Zumba® Family Party (B) Monthly: Jan 13, Feb 10, Mar 10, Apr 7, May 12		
5:20-5:50pm CXWORX™ (A)		5:20-5:50pm CXWORX™ (A)				
5:30-6:00pm Cycle 101 (C) First Mon. only <b>p</b>	5:30-6:15pm BODYSTEP™ Athletic EX (A)	6:00-7:00pm BODYPUMP™ (A)	5:30-6:15pm Ultimate Fitness EX (A)	5:15-6:15pm BODYPUMP™ (A)		
6:00-7:00pm BODYPUMP™ (A)		6:00-7:00pm Barre (B)				
6:00-7:00pm BODYCOMBAT™ (B)	6:15-7:15pm Boxing Circuits (A)	6:15-7:00pm Cycle Grooves EX (C) <b>p</b>	6:15-7:00pm Boxing Circuits EX (A)			
6:15-7:00pm Cycle EX (C)	6:30-7:15pm H.I.I.T. Cycle (C)	7:00-8:00pm Ballroom Boogie (B) <b>p</b>				
7:00-8:00pm Zumba® (A)	7:15-8:00pm BODYPUMP™ EX (A)	7:05-7:50pm BODYCOMBAT™ EX (A)	7:00-8:00pm Zumba® (A)			

(A) Studio A  
 (B) Studio B  
 (C) Cycle Studio  
 (MB) Mind Body Studio

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Welcomes beginners  
 Moderate to advanced  
 New class  
 Youth class  
 10 to 15 minute class  
 Advanced sign-up recommended  
*Register online at [acac.com](http://acac.com).*  
 Kid-friendly class  
*9- to 12-year-olds may attend with a parent*  
 p.p.e.p.-friendly class

# MIND BODY | acac MIDLOTHIAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:45am Vinyasa II (MB)		6:00-7:00am BODYFLOW™ (MB)				
8:30-9:30am Nia® (B) <b>p</b>		8:30-9:30am Nia® (B) <b>p</b>		8:30-9:30am Nia® (B) <b>p</b>	8:15-9:30am Hatha Yoga Flow (MB)	
9:15-10:15am Yoga Essentials (MB) <b>p</b>	9:00-10:15am Integral Yoga (MB) <b>p</b>	9:00-10:15am Hatha Yoga II (MB)	9:00-10:15am Integral Yoga (MB) <b>p</b>	9:00-10:15am Vinyasa Yoga II (MB)	10:00-11:15am Hatha Yoga II (MB)	9:00-10:15am Integral Yoga (MB) <b>p</b>
10:30-11:30am Multi Level Mat Pilates (MB)	10:30-11:45am Vinyasa II (MB)	9:40-10:40am BODYFLOW™ (B)	10:30am-11:45am Hatha Yoga II (MB)	10:30-11:30am Mat Pilates II (MB)	10:30-11:30am BODYFLOW™ (B)	10:30-11:45am Power Yoga (MB)
10:45-11:30am BODYFLOW™ EX (B)	10:45-11:45am Nia® (B) <b>p</b>	10:30-11:30am Multi Level Mat Pilates (MB)	10:45-11:45am BODYFLOW™ (B)		11:30am-12:45pm Yoga 101 (MB) First Sat. only	
11:45am-1:00pm Hatha Yoga II (MB)	12:00-1:00pm Yin Yoga (MB) <b>p</b>	12:15-1:15pm Gentle Yoga (MB) <b>p</b>	12:00-1:00pm Nia® (MB) <b>p</b>	12:00-12:45pm Ageless Grace® (B) <b>p</b>		3:30-4:30pm BODYFLOW™ (MB)
1:30-2:30pm Chair Yoga (MB) <b>p</b>		1:30-2:30pm Chair Yoga (MB) <b>p</b>		12:00-1:15pm Yin Yoga (MB) <b>p</b>	11:30am-12:30pm Nia® (B) <b>p</b>	4:30-5:30pm Nia® (B) <b>p</b>
						4:45-6:00pm Hatha Yoga I (MB)
4:30-5:30pm Gentle Yoga (MB) <b>p</b>		4:30-5:30pm Yoga Essentials (MB) <b>p</b>				
	5:30-6:30pm Nia® (B) <b>p</b>		5:30-6:30pm Nia® (B) <b>p</b>			
5:45-7:00pm Hatha Yoga I/II (MB)	5:45-7:00pm Hatha Yoga Flow (MB)	6:15-7:30pm Yin/Yang Yoga (MB) <b>p</b>	6:15-7:30pm Yin Yoga (MB) <b>p</b>	6:30-7:30pm Nia Sampler (B) First Fri. only <b>p</b>		
7:00-8:00pm Nia® (B) <b>p</b>	6:35-7:35pm Tai Chi (B) <b>p</b>					
7:15-8:15pm BODYFLOW™ (MB)	7:05-8:15pm Hatha Yoga II/III (MB)					

- (A) Studio A
  - (B) Studio B
  - (MB) Mind Body Studio
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- Welcomes beginners
  - Moderate to advanced
  - New class
  - Youth class
  - Kid-friendly class  
*9- to 12-year-olds may attend with a parent*
  - p** p.r.e.p.-friendly class

# AQUATIC EXERCISE | acac MIDLOTHIAN

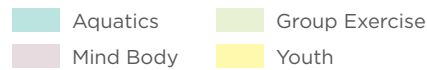
**p** All Aquatic Exercise classes are p.r.e.p.-friendly!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15am Deep Water Exercise (A)	9:15-10:15am WATERinMOTION® (A)	9:15-10:15am Aquatic Moves (A)	9:15-10:15am WATERinMOTION® (A)	9:15-10:15am Aquatic Moves (A)	9:30-10:30am WATERinMOTION® (A)	
10:15-11:15am Aqua Yogilates (WW)	10:15-11:15am Aqua Yogilates (WW)	10:15-11:15am WATERinMOTION® (A)	10:15-11:15am Aqua Yogilates (WW)	10:15-11:00am H.I.I.T. H <sub>2</sub> O (A)	10:30-11:15am TabAqua (A) (Time changes to 8:45-9:30am beginning 4/8)	10:30-11:30am H <sub>2</sub> O Sunday Sampler (A) Check <a href="http://acac.com">acac.com</a> for format
5:30-6:15pm Arthritis H <sub>2</sub> O (WW)		11:15am-12:00pm Arthritis H <sub>2</sub> O (WW)	11:15am-12:00pm Arthritis H <sub>2</sub> O (WW)			
6:15-7:00pm TabAqua (A)	6:15-7:15pm Deep Water Exercise (A)	6:15-7:00pm H.I.I.T. H <sub>2</sub> O (A)				

- (A) Activity Pool
  - (WW) Warm Water Pool
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- Welcomes beginners
  - Moderate to advanced
  - Kid-friendly class  
*9- to 12-year-olds may attend with a parent*

All of these classes are included in your **acac** membership!  
Get current schedule information on [acac.com](http://acac.com). Classes are subject to change.

# CLASS DESCRIPTIONS AND LEVELS



## Class levels for Yoga and Mat Pilates:

**Essentials:** Ideal for those new to the exercise method. Learn correct positioning, posture/exercise names and proper breathing.

**Level I:** Ideal for the more advanced beginner to intermediate. This class level refines your basics and introduces you to more difficult postures or exercises.

**Level II:** Ideal for the intermediate to advanced participant. At this level, participants should have the strength needed to correctly perform intermediate postures and exercises. Transitions between exercises tend to be faster.

**Multi Level:** Ideal for the advanced beginner (has attended enough classes to know the basics) through intermediate/advanced level. Options will be introduced to address all levels.

Class Name	Class Description
adaptABLE Movement	Designed to meet the participant where they are to help gain flexibility, range of motion, strength and balance by using simple movements borrowed from yoga and other formats. This class is perfect for those just starting out with exercise or have arthritis, movement disorders, or recovering from injury or stroke.
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	Participants use the unique properties of water to strengthen the entire body. Styrofoam dumbbells are used.
Aquatic Moves	Low-impact and suitable for all fitness levels. Instructors add their individual style and flair to each workout, which consists of cardio, strength and core movements. Buoys and drag equipment may be used.
Aqua Yoga	Take yoga to the warm water. Relax, stretch and strengthen for a true mind-body aquatic experience.
Aqua Yogilates	Focus on your mind/body connection while adding increased flexibility and extra strength training to target your core muscles.
Ashtanga Ashtanga Mix	A series of linked postures that create a flowing class with deep breathing. <b>Ashtanga Mix</b> is a modified practice of the primary series of Ashtanga yoga. A precise interlinking of power yoga postures creating continuous flow of movement and deep breathing.
Ageless Grace®	A fitness and wellness program based on 21 tools designed for all ages and abilities. Each of the 21 tools focus on anti-aging techniques (i.e. joint mobility, spinal flexibility, right/left brain coordination, balance and more). These movement exercises are natural and come with ease. This class is chair-based.
Balance	A range of exercises and movements that improve balance and core strength, and reduce the fear of falling.
Ballroom Boogie	A fun cardio class that gets its base movements from ballroom dances, such as the Waltz, Foxtrot and Swing. Learn the rhythm and steps to each style while moving to great music. The class also includes intervals of strength. No experience needed.
Barre	Ballet inspired workout that uses intensive isometric movements to sculpt and firm your body. An aquatic version is also offered.
BODYATTACK™	A sports-inspired cardio workout from Les Mills for building strength and stamina using interval training with athletic movements and strength and stabilization exercises.
BODYCOMBAT™	The high-energy, martial arts-inspired, non-contact workout from Les Mills. Punch, kick and strike your way to fitness. No equipment or experience required.
BODYFLOW™	The yoga-based Les Mills class that will improve flexibility and strength while leaving you feeling calm and centered.
BODYPUMP™ BODYPUMP™ 101	Les Mills' full-body weight workout choreographed to music. Weights can easily be adjusted to accommodate all fitness levels. 101 introduces you to proper form and alignment to help boost your confidence and experience in class.
BODYSTEP™ BODYSTEP™ Athletic	An energizing workout from Les Mills that uses a height-adjustable step and simple movements to push your body into high gear. <b>BODYSTEP™ Athletic:</b> Strong, functional step training that unleashes power and athleticism. This class is ideal for members seeking a challenging, results oriented step workout without complex step choreography.
BollyX	A high energy Bollywood-inspired dance-fitness class that combines dynamic choreography with the hottest music from around the world.
Boxing Circuits	This boxing class incorporates segments of challenging cardiovascular circuits and is not just for athletes. Impact on the boxing bag is optional.
Cardio Moves Cardio Fusion Cardio Interval	A choreographed aerobic workout with options given for high and low-impact. Ends with some muscle conditioning. A light version, Lite 'n Lively, is also offered. <b>Cardio Fusion</b> is similar, but may also incorporate an exercise ball, bosu or step to mix it up and keep you moving. <b>Cardio Interval:</b> Intervals of cardio and strength to keep your body guessing.
Chair Yoga	Experience the many benefits of a yoga practice without having to get on the floor! This class includes deep breathing, balance, gentle stretching, strengthening, and guided relaxation. No yoga experience required. Please wear comfortable clothing.
Core Core Plus	A 10-min. class beyond sit-ups and crunches to truly work your core. <b>Core Plus:</b> What you love about Core but in an extended 30 minute version.

# CLASS DESCRIPTIONS AND LEVELS. cont.

Aquatics
  Group Exercise  
 Mind Body
  Youth

Class Name	Class Description
Core Flex Fusion	A mind body class that will strengthen your core, lengthen your muscles and relax your mind. It is perfect for pre/post workouts or as a stand alone on recovery days. Beginner friendly.
CXWORX™	A 30-minute challenging workout from Les Mills that exercises your muscles around the core.
Cycle Cycle 101 Cycle & Abs Cycle Grooves Cycle & Strength Cycle & Swim Cycle & Yoga H.I.I.T. Cycle Rhythm Ride	Instructors use guided imagery to take you on a cardiovascular journey on the bike. <b>Cycle 101</b> is a 30 minute class designed for those new to indoor cycling. <b>Cycle &amp; Abs</b> combines a 45 minute cycle class followed by 15 minutes of abdominal exercises. <b>Cycle Grooves</b> is a freestyle class ideal for beginners and for the musically motivated. <b>Cycle &amp; Strength</b> is interval style, combining aerobic challenges and strength intervals. <b>Cycle &amp; Swim</b> combines a 30 minute cycle class followed by an advanced level 30 minute water class for those that want the push without the impact. <b>Cycle &amp; Yoga</b> combines an intense 40-minute ride with 40 minutes of yoga linking breath to movement while emphasizing safe alignment. <b>H.I.I.T. Cycle:</b> Train for peak performance and maximum calorie burning in a condensed class with timed intervals of work and rest. <b>Rhythm Ride:</b> a 50 minute beat-bumping sweat fest that will kill some serious calories. It's a dance party on the bike!
DanceFusion	Explore different rhythms from around the world including the Argentine Tango and the Indian Bhangra. This amazingly effective exploration of world dance styles is great fun for everyone!
Deep Water Exercise	A cardiovascular conditioning class using a flotation belt.
Drums Alive®	Come experience the joy of music, movement and rhythm and feel like a rock star! This class for all levels features dynamic movements and powerful percussion.
Fierce Flow	An intense flow-based class that moves from posture to posture cultivating natural body heat with minimal rest in between. Develop core strength and stamina, improve balance, create lean, strong muscles and improve flexibility.
Gentle Yoga	Slower-paced yoga that focuses on breath awareness, increased flexibility, improved balance and gaining strength. Modifications are provided as needed.
Hatha Yoga I & II	A blend of various yoga styles to develop strength, flexibility and balance through poses, breath work, and deep relaxation that will leave you feeling calm, grounded, and energized!
Hatha Yoga Flow	A yoga class that moves you fluidly from one pose to the next, linking breathing with movements and emphasizing safe alignment. This class will increase strength while developing flexibility and balance. A moderate version of Vinyasa Yoga.
H.I.I.T. H <sub>2</sub> O	High Intensity Interval Training in the water combines intervals of work and recovery using the properties of water to maximize effort while minimizing impact.
H <sub>2</sub> O Sunday Sampler	Offers a variety of shallow water workouts to keep your body guessing. Check <a href="http://acac.com">acac.com</a> for each week's class format.
INSANITY® LIVE	Extreme cardio conditioning for every fitness level. Challenging cardio drills and explosive plyometrics designed to test your limits without ever lifting a single weight.
Integral Yoga	A slower paced style of Hatha yoga that gently guides you through yoga poses, breath work, and deep relaxation.
Kids Yoga Toddler Yoga	A 45-minute class that will help kids develop flexibility, work on coordination and balance, develop focus and concentration, boost self-esteem and confidence and strengthen the mind-body connection. Toddler Yoga: a 30-minute toddler version for ages 2-5 creates a safe and fun learning environment to learn balance and flexibility for mind, body and soul. Parents are welcome to play along.
Les Mills Sampler	Feed off the energy of others as you experience one of the fabulous programs that make up the Les Mills brand. Formats include BODYATTACK™, BODYCOMBAT™, BODYFLOW™, BODYPUMP™, BODYSTEP™, CXWORX™ and SH'BAM™. Check <a href="http://acac.com">acac.com</a> for each week's class format.
Line Dancing	Have a little fun while you exercise! You'll learn the latest dances to popular music from all genres. And not to worry—we will get a little retro and bring out the Hustle and the Electric Slide!
Lite 'n Lively	A low-impact, moderate-intensity cardiovascular workout.
Mat Pilates I & II Multi-level	A series of exercises designed to strengthen the muscles of the core (abdominals, back and buttocks) and align the spine. Pilates exercises use breathing and specific positioning to develop both strength and flexibility.
Meditation	A stress-reducing class that can help you cope with anxiety, promotes better sleep, and can improve performance on the job and in sports. Open to all levels, no previous experience required.
Nia® Nia® Sampler	A low-impact aerobic workout combining dance, martial arts, and healing arts that's fun for everyone! No prior experience needed. Reap the benefits of improved flexibility, agility, mobility, strength, and stability. <b>Nia® Sampler:</b> A sample of Nia® formats including Jams, new routine launches, Moving to Heal, Nia 52 and Nia FreeDance. Enjoy a different Nia® experience each first Friday.
Power Yoga	An advanced, higher intensity Vinyasa yoga class. Postures focus on core strength, arm balancing, and inversions. More advanced breathing techniques are also included.

# CLASS DESCRIPTIONS AND LEVELS. cont.

Aquatics
  Group Exercise  
 Mind Body
  Youth

Class Name	Class Description
Prenatal Yoga	Prepare your body and mind for the birth of your baby! Learn which poses are safe during pregnancy, meet other expecting mothers and learn to breathe deep and relax.
Restorative Yoga	Postures are presented in an easy-to-follow manner with lots of time for modifications. This class offers soft tissue release and deep relaxation, as well as breath work and guided meditation. An excellent choice for seniors, or anyone suffering from chronic illness or injuries, and those newer to yoga.
Rockin' Vinyasa	A mixed level Vinyasa set to upbeat rock music.
RPM™	An express cycling class from Les Mills set to the rhythm of motivating music. This class is ideal for the avid cyclist looking for maximum results in a short period of time.
Sh'Bam™	Les Mills' fun loving, insanely addictive dance workout. No experience required!
Strength Essentials Lite Strength	A brief warm-up followed by conditioning for the entire body using weights and resistance tubing. Emphasizes form, technique and isolated movements. A light version called Lite Strength is also offered.
TabAqua	The Tabata method is used in this intense 45 minute water class to prepare you for your day! Mix and match intervals to help boost your metabolism.
Tabata	A high-intensity workout protocol with fitness and weight loss benefits.
Tai Chi	Martial art characterized by soft, slow, flowing movements performed with precision. Tone your entire body as you work through series of movements that incorporate legs, arms and core stability.
Ultimate Fitness	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.
Vin/Yin	Experience the best of both worlds in this 75 minute yoga class that is part Vinyasa and part Yin
Vinyasa Yoga I-III Heated Vinyasa	A more vigorous, flowing style of yoga that synchronizes movement with breath. Heated Vinyasa allows you to go deeper into postures as well as detoxify, relax and improve breathing in temperatures up to 85 degrees.
WATERinMOTION®	The newest in aquatic exercise that provides a low-impact, high-energy challenge for participants of all fitness levels. Simple choreography set to great music. This dynamic workout combines strength, cardiovascular, and core exercises into one fun-filled hour.
Yin Yoga	A more passive Hatha yoga style that focuses on breath awareness, flexibility, balance, and strength through held, relaxed seated postures. Yin is suitable for almost all fitness levels. It is a great compliment to more dynamic (yang) styles of yoga and other exercise formats.
Yin/Yang Yoga	This class gives you the best of both Yin and Hatha Flow styles of yoga.
Yoga 101	A beginner class provides step by step direction of basic yoga poses.
Yoga Barre	The best of both worlds! Bring the mindfulness of yoga to your Barre workout. An intense balance of strength and movement intervals set to upbeat music
Yoga Essentials	A class for the new participant and those who want to focus on yoga basics.
Yoga H.I.I.T.	An intense balance of strength and movement intervals set to upbeat music.
Youth Fitness Toddler Fitness	Kids, take your fitness to the next level with this cardio and strength workout. Coaching to motivate and music to inspire you to work hard while having fun! Toddler Fitness: a version for ages 2-5 is full of playful music and games. Parents are welcome to play along.
Zumba® Aqua Zumba® Zumba® Tone Zumba® Gold	We take the work out of workout by mixing low-intensity and high-intensity Latin and Salsa inspired moves for an interval-style, calorie-burning dance fitness party. An aquatic version, tone version, and senior class (Zumba Gold) are also offered.
Zumba® Family Party	Zumba® for the entire family! Join the kids for 45 minutes of fun and games. Parent participation required for kids 4 and under.