

# 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 EXERCISE

## acac SHORT PUMP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30am Athletic Conditioning (GE)		5:30-6:30am Athletic Conditioning (GE)		8:15-9:00am Tabata EX (GE)	
6:15-7:00am Tabata EX (GE)		6:15-7:00am Tabata EX (GE)		5:45-6:30am BODYPUMP™ EX (GE)	9:00-9:45am BODYCOMBAT™ (MB)	
8:15-9:15am BODYPUMP™ (GE)		8:15-9:15am BODYPUMP™ (GE)		8:15-9:15am BODYPUMP™ (GE)	9:05-10:05am BODYPUMP™ (GE)	9:00-10:00am Athletic Conditioning (GE)
9:30-10:30am BODYATTACK™ (GE)	9:30-10:30am BODYPUMP™ (GE)	9:30-10:30am BODYCOMBAT™ (GE)	9:30-10:30am Strength Challenge (GE)	9:30-10:30am Athletic Conditioning (GE)	9:45-10:45am Barre (MB)	
				9:30-10:30am Barre (MB)	10:15-11:15am Zumba® (GE)	10:00-11:00am BODYATTACK™ (GE)
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>	10:45-11:30am Simply Strength EX (GE) <b>p</b>	10:45-11:30am Kid Fit (MB)	
11:35am-12:15pm Balance (MB) <b>p</b>		11:35am-12:15pm Balance (MB) <b>p</b>				11:15-11:30am BODYPUMP™ 101 (GE)
12:00-12:45pm Simply Strength EX (GE) <b>p</b>	12:00-12:45pm BODYPUMP™ EX (GE)		12:00-12:45pm BODYPUMP™ EX (GE)			11:30am-12:30pm BODYPUMP™ (GE)
						12:30-1:15pm Sh'Bam™ (GE) <b>p</b>
4:30-5:15pm Kid Fit (MB)	4:30-5:15pm BODYPUMP™ EX (GE)	4:30-5:30pm Barre (GE)	4:30-5:15pm BODYPUMP™ EX (GE)	4:30-5:15pm BODYCOMBAT™ EX (GE)		
	5:20-5:50pm Core (GE)	4:30-5:15pm Zumba® Kids (MB)	4:30-5:15pm Kids Athletic Conditioning (MB)			4:00-5:00pm BODYPUMP™ (GE)
5:30-6:30pm BODYPUMP™ (GE)	5:50-6:35pm Athletic Conditioning EX (GE)	5:30-6:15pm BODYATTACK™ EX (GE)	5:30-6:30pm BODYCOMBAT™ (GE)	5:30-6:30pm BODYPUMP™ (GE)		
6:15-7:15pm Line Dancing (MB) <b>p</b>			5:45-6:45pm Barre (MB)	Children ages 9 to 12 may enjoy group exercise classes when taken with a parent. BodyPUMP™ classes are reserved for children 13 years and older.		
6:30-7:15pm BODYCOMBAT™ EX (GE)	6:35-7:35pm Zumba® (GE)	6:30-7:30pm BODYPUMP™ (GE)	6:35-7:35pm Zumba® (GE)			
7:15-8:15pm Barre (MB)						
7:30-8:15pm BODY PUMP™ EX (GE)						
	8:00-8:45pm Boxing Fit EX (C)		8:00-8:45pm Boxing Fit EX (GE)			

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

 Welcomes beginners  
 Intermediate to advanced  
 New class  
 Youth class  
 10 or 15 minute class  
 p.r.e.p.-friendly class






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](http://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.

# MIND BODY | acac SHORT PUMP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30am Mat Pilates II (MB)		5:30-6:30am Vinyasa Yoga II (Y)	Get current schedule information on <a href="http://acac.com">acac.com</a> . Classes are subject to change.		
6:30-7:30am Vinyasa Yoga I (Y)		6:30-7:30am Yin Yoga (Y) <b>p</b>	6:30-7:30am Yin Yoga (Y)	6:30-7:30am Yin Yoga (Y) <b>p</b>		
		8:15-9:15am Nia® (MB) <b>p</b>		6:30-7:30am BODYFLOW™ (MB)		
	8:15-9:15am Vinyasa Yoga II (Y)	8:15-9:15am Vinyasa Yoga I (Y)	8:15-9:15am Vinyasa Yoga II (Y)		8:15-9:30am Hatha Yoga I/II (Y) <b>p</b>	
9:00-9:50am Power Sculpt (MB)	9:30-10:30am Mat Pilates (MB)	9:15-10:15am Hatha Yoga: Gentle (Y) <b>p</b>	9:30-10:30am Mat Pilates (MB)	9:15-10:15am Hatha Yoga: Gentle (Y) <b>p</b>	9:30-10:45am Vinyasa Yoga: Power (Y)	9:15-10:15am Hatha Yoga II (Y)
9:15-10:15am Hatha Yoga: Gentle (Y)	9:30-10:45am Yin Yoga (Y) <b>p</b>	9:30-10:15am Yoga H.I.I.T. (MB)	9:30-10:45am Yin Yoga (Y) <b>p</b>			10:00-11:00am Nia® (MB) <b>p</b>
10:30-11:45am Vin/Yin Yoga (Y) <b>p</b>	10:45-11:45am BODYFLOW™ (Y)	10:30-11:30am Vinyasa II/III (Y)	10:45-11:45am BODYFLOW™ (Y)	10:30-11:45am Vin/Yin Yoga (Y)	10:45-11:45am BODYFLOW™ (Y)	10:30-12:00pm Vinyasa Yoga II/III (Y)
10:30-11:30am Nia® (MB) <b>p</b>				10:30-11:30am Nia® (MB) <b>p</b>		
	11:35am-12:20pm Ageless Grace (MB) <b>p</b>				12:00pm-12:45pm Chair Yoga (MB) <b>p</b>	
12:00-1:15pm Vinyasa Yoga: Improv (Y)	12:00-1:15pm Vin/Yin (Y)	12:00-1:15pm Vinyasa Yoga: Ashtanga (Y)	12:00-12:50pm Power Sculpt (MB)	12:00-1:15pm Vinyasa Yoga II/III (Y)	12:00-1:15pm Vinyasa Yoga: Ashtanga (Y)	
	12:30-1:30pm Tai Chi (MB) <b>p</b>					2:00-3:00pm Hatha Yoga: Intro (Y) <b>p</b>
						3:15-4:30pm Yin Yoga (Y) <b>p</b>
4:30-5:15pm BODYFLOW™ EX (Y)	4:30-5:30pm Vinyasa Yoga I/II (Y)		4:30-5:45pm Vin/Yin (Y)	4:30-5:20pm Power Sculpt (MB)		4:45-6:00pm Vinyasa Yoga: Power (Y)
	5:30-6:30pm Mat Pilates (MB)	5:35-6:20pm Hatha Yoga: Intro (MB)		5:30-6:45pm Vinyasa Yoga I/II (Y)		
6:00-7:15pm Vinyasa Yoga: Power (Y)	6:00-7:15pm Yin Yoga (Y) <b>p</b>	6:00-7:15pm Vinyasa Yoga II/III (Y)	6:00-7:00pm BODYFLOW™ (Y)			
		6:30-7:15pm Kids Yoga (MB)				
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>			

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

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

 Welcomes beginners  
 Intermediate to advanced  
 New class  
 Youth class  
 p.r.e.p.-friendly class

# EDGE CYCLE | acac SHORT PUMP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am Studio Ride 60 (C)		5:30-6:20am Rhythm Ride (C)		5:30-6:15am Studio Ride 45 (C)		
	6:15-7:00am Studio Ride 45 (C)		6:15-7:00am Studio Ride 45 (C)			
	8:15-9:05am Power Ride (C)		8:15-9:05am Power Ride (C)		8:15-9:00am Studio Ride 45 (C)	8:15-9:00am Studio Ride 45 (C)
9:30-10:20am Power Ride (C)	9:30-10:20am Rhythm Ride (C)	9:30-10:15am Studio Ride 45 (C)	9:30-10:20am Rhythm Ride (C)	9:30-10:20am Power Ride (C)	9:15-10:05am Power Ride (C)	9:15-10:05am Power Ride (C)
					10:30-11:20am Rhythm Ride (C)	10:30-11:20am Rhythm Ride (C)
12:00-12:50pm Power Ride (C)	12:00-12:45pm Studio Ride 45 (C)	12:00-12:50pm Rhythm Ride (C)	12:00-12:45pm Studio Ride 45 (C)	12:00-12:50pm Power Ride (C)		
	4:30-5:20pm Power Ride (C)		4:30-5:20pm Rhythm Ride (C)			
5:30-6:15pm Studio Ride 45 (C)		5:30-6:15pm Studio Ride 45 (C)				
	6:00-7:00pm Studio Ride 60 (C)		6:00-6:50pm Power Ride (C)			
6:30-7:20pm Power Ride (C)						

(CS) Cycle Studio

Welcoming beginners

Intermediate to advanced

New class

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

Advanced sign-up is recommended for all EDGE Classes

# AQUATIC EXERCISE | acac SHORT PUMP

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-9:15am Aqua Fit Deep (A)		8:30-9:15am Aqua Strength (WW)	8:30-9:15am Aqua Strength (WW)	10:00-11:00am WATERinMOTION® EX (A)	
9:15-10:15am WATERinMOTION® (A)	9:15-10:00am Aqua Strength (WW)	9:15-10:15am WATERinMOTION® (A)	9:15-10:00am Aqua Fit Deep (A)	9:15-10:15am WATERinMOTION® (A)		
12:30-1:15pm Aqua Yoga (WW)	12:30-1:15pm Aqua Strength (WW)	12:30-1:15pm Arthritis H <sub>2</sub> O (WW)	12:30-1:15pm Aqua Strength (WW)	12:00-12:45pm 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)				
6:30-7:30pm WATERinMOTION® (A)		7:00-7:45pm WATERinMOTION® EX (A)				

(A) Activity Pool

(WW) Warm Water Pool

Welcomes beginners

Intermediate to advanced





New class

# GROUP EXERCISE

acac MIDLOTHIAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Tabata EX (A)		5:30-6:15am Athletic Conditioning EX (A)		5:30-6:15am BODYCOMBAT™ EX (A)		
6:00-7:00am Cycle (C)	5:45-6:45am BODYPUMP™ (A)	6:00-7:00am Cycle (C)	5:45-6:45am BODYPUMP™ (A)	5:45-6:30am Cycle EX (C)		
8:00-9:00am Cardio Mix (A)	8:15-9:15am Strength Challenge (A)	8:00-9:00am Cardio Mix (A)	8:15-9:15am Strength Challenge (A)	8:00-9:00am Cardio Mix (A)	8:00-9:00am BODYPUMP™ (A)	
9:00-9:30am CXWORX™ (A)	8:30-9:30am Ballroom Boogie (B) <b>p</b>		8:30-9:30am DanceFusion (B)	9:00-9:30am Tabata 30 (A)	8:15-9:15am Barre (B)	
9:15-10:15am Cycle & Strength (C)	9:25-10:10am BODYCOMBAT™ EX (A)	9:10-9:55am BODYPUMP™ EX (A)	9:25-10:25am BODYCOMBAT™ (A)	9:40-10:40am BODYPUMP™ (A)	8:30-9:30am Cycle (C)	9:00-10:00am Boxing Fit (A)
9:40-10:40am BODYPUMP™ (A)		10:00-11:00am Zumba® (A)	9:30-10:15am RPM™ (C)	9:40-10:40am BODYSTEP™ (B)	9:05-9:35am CXWORX™ (A)	
9:40-10:40am BODYSTEP™ (B)		10:00-11:15am Cycle & Strength (C)	9:40-10:40am Barre (B)	10:00-10:30am Cycle 101 (C) First Fri. only <b>p</b>	9:35-10:35am BODYSTEP™ (B)	9:30-10:15am RPM™ (C)
10:45-11:30am Cycle EX (C)	10:15-11:00am Athletic Conditioning EX (A)	10:45-11:45am Barre (B)	10:30-11:00am CXWORX™ (A)	10:45-11:30am RPM™ (C)	9:40-10:40am BODYCOMBAT™ (A)	10:15-11:15am Les Mills Sampler (A)
10:45-11:30am Barre EX (B)	11:05-11:50am Zumba® Gold EX (A) <b>p</b>	11:05-11:35am Cardio Lite 30 (A) <b>p</b>	11:05-11:50am Zumba Gold® EX (A) <b>p</b>	10:45am-12:00pm Zumba® Tone (75) (A)	9:45-10:30am RPM™ (C)	10:20-10:50am Barre 101 (B) First Sun. Only
10:45-11:30am Cardio Lite EX (A) <b>p</b>				10:45-11:15am Cardio Lite 30 (B) <b>p</b>	10:45-12:00pm Zumba® (A)	11:00am-12:00pm Barre (B)
11:30am-12:30pm Zumba® Tone (A)		11:40am-12:10pm Simply Strength 30 (A) <b>p</b>		11:20-11:50am Simply Strength 30 (B) <b>p</b>		11:30am-12:30pm Strength Challenge (A)
11:35am-12:20pm Simply Strength EX (B) <b>p</b>	12:00-12:45pm Ageless Grace® (B) <b>p</b>			12:00-12:45pm Ageless Grace® (B) <b>p</b>		2:00-3:00pm Line Dancing (A) Jan 20, Feb 17, March 17, May 19
12:30-1:15pm Balance (B) <b>p</b>	12:15-1:00pm RPM™ (C)		12:15-1:00pm Cycle EX (C)			<b>p</b>
4:30-5:15pm Tabata EX (A)						2:30-3:00pm BODYPUMP™ 101 (A) First Sun. only
4:45-5:45pm Barre (B)	4:30-5:30pm Strength Challenge (A)	5:10-5:55pm Zumba® EX (B) <b>p</b>	4:30-5:30pm BODYPUMP™ (A)			3:15-4:15pm BODYPUMP™ (A)
5:20-5:50pm CXWORX™ (A)		5:20-5:50pm CXWORX™ (A)		5:15-6:15pm BODYPUMP™ (A)		3:15-4:00pm Kid Fit Ages 5-9 (B)
5:30-6:00pm Cycle 101 First Mon. only (C) <b>p</b>	5:30-6:30pm Zumba® Tone (A)	6:00-7:00pm BODYPUMP™ (A)	5:45-6:30pm Tabata EX (A)	5:30-6:00pm Zumba® Kids Party (B) Jan 11, Feb 8, March 15, April 12, May 20		4:30-5:30pm Zumba® (A)
6:00-7:00pm BODYPUMP™ (A)		6:00-7:00pm Barre (B)				
6:00-7:00pm BODYCOMBAT™ (B)	6:30-7:30pm Boxing Fit (A)	6:15-7:00pm Cycle EX (C)	6:30-7:30pm Zumba® (A)			
6:15-7:00pm Cycle EX (C)		Children ages 9 to 12 may enjoy group exercise classes when taken with a parent. BodyPUMP™ classes are reserved for children 13 years and older.				
7:05-7:50pm Zumba® EX (A) <b>p</b>						

- (A) Studio A
- (B) Studio B
- (C) Cycle Studio

-  Welcomes beginners
-  Intermediate to advanced
-  New class
-  Youth class

 Advanced sign-up recommended  
Register online at [acac.com](http://acac.com).

 p.p.e.-friendly class

# MIND BODY | acac MIDLOTHIAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:45am Vinyasa Yoga 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 I/II (MB)	
9:15-10:15am Yoga Essentials (MB) <b>p</b>	9:00-10:15am Integral Yoga I (MB) <b>p</b>	9:00-10:15am Hatha Yoga II (MB)	9:00-10:15am Integral Yoga I (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 I (MB)
10:30-11:30am Mat Pilates I/II (MB)	9:40-10:40am Nia® (B) <b>p</b>	9:40-10:40am BODYFLOW™ (B)	10:30am-11:45am Hatha Yoga II (MB)	10:30-11:30am Mat Pilates II (MB)	10:40-11:40am BODYFLOW™ (B)	10:30-11:45am Vinyasa Yoga: Power (MB)
	10:30-11:45am Vinyasa Yoga II (MB)	10:30-11:30am Mat Pilates I/II (MB)	10:45-11:45am BODYFLOW™ (B)		11:30am-12:45pm Yoga 101 (First Saturday only) (MB) <b>p</b>	
11:45am-1:00pm Hatha Yoga II (MB)	12:00-1:15pm Yin Yoga (MB) <b>p</b>	12:15-1:15pm Restorative Yoga (MB) <b>p</b>	12:00-1:00pm Nia® (MB) <b>p</b>	12:00-1:15pm Yin Yoga (MB) <b>p</b>	11:30am-12:30pm Yoga Nidra (MB) Jan 19, Feb 9, March 16, April 13, May 18	
1:30-2:30pm Chair Yoga (MB) <b>p</b>		1:30-2:30pm Chair Yoga (MB) <b>p</b>	1:15-2:15pm Hatha Yoga: Gentle (MB) <b>p</b>	1:30-2:30pm Chair Yoga (MB) <b>p</b>		
					11:45am-12:45pm Nia® (B) <b>p</b>	3:15-4:15pm BODYFLOW™ (MB)
4:30-5:30pm Hatha Yoga: Gentle (MB) <b>p</b>	5:00-5:30pm Kids Yoga Ages 6+ (MB)	4:30-5:30pm Yoga Essentials (MB) <b>p</b>	5:00-6:00pm Vinyasa Yoga: Power (MB)			4:30-5:30pm Nia® (B)
5:45-7:00pm Hatha Yoga I/II (MB)	5:30-6:30pm Nia® (B) <b>p</b>		5:30-6:30pm Nia® (B) <b>p</b>	5:30-6:30pm Hatha Yoga I (MB) <b>p</b>		4:45-6:00pm Hatha Yoga I (MB)
	5:45-6:45pm Hatha Yoga I/II (MB)	6:00-7:15pm Hatha Yoga I/II (MB)	6:15-7:30pm Yin Yoga (MB) <b>p</b>	6:30-7:30pm Nia Sampler (First Friday only) (B) <b>p</b>		
7:00-8:00pm Nia® (B) <b>p</b>	6:35-7:20pm Mat Pilates I/II EX (B)	7:00-8:00pm Nia® MOVE IT (B) <b>p</b>				
7:05-8:05pm BODYFLOW™ (MB)	7:00-8:15pm Hatha Yoga II/III (MB)			6:30-7:45pm Nia® Moving to Heal (Second Friday only) (MB) <b>p</b>		

- (A) Studio A
  - (B) Studio B
  - (MB) Mind Body Studio
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- Welcomes beginners
  - Intermediate to advanced
  - New class
  - Youth Class
  - p p.r.e.p.-friendly class





# AQUATIC EXERCISE | acac MIDLOTHIAN

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-9:00am Ai Chi (WW)					
9:15-10:15am WATERinMOTION® (A)	9:15-10:15am Aqua Fit (A)	9:15-10:15am WATERinMOTION® (A)	9:15-10:15am Aqua Fit (A)	9:15-10:15am Aqua Fit (A)	9:30-10:30am WATERinMOTION® (A)	10:35-11:35am H <sub>2</sub> O Sampler (A)
10:15-11:15am Aqua Zen (WW)	10:15-11:15am Aqua Zen (WW)	10:15-11:00am H.I.I.T. H <sub>2</sub> O EX (A)	10:15-11:15am Aqua Zen (WW)	10:15-11:15am Aqua Zen (WW)		
12:30-1:15pm Arthritis H <sub>2</sub> O (WW)	11:15am-12:00pm Arthritis H <sub>2</sub> O (WW)	11:15am-12:15pm Aqua Zen (WW)	11:15am-12:00pm Arthritis H <sub>2</sub> O (WW)			
5:30-6:15pm Arthritis H <sub>2</sub> O (WW)						
6:15-7:00pm H.I.I.T H <sub>2</sub> O EX (A)	6:15-7:15pm Aqua Fit Deep (A)	6:15-7:15pm Athletic H <sub>2</sub> O (A)				

(A) Activity Pool  
(WW) Warm Water Pool

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 Welcomes beginners  
 Intermediate to advanced  
 New class  
 Advanced sign-up recommended  
*Register online at [acac.com](http://acac.com).*

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
Ai Chi	This silent water class will increase flexibility and range of motion while decreasing stress and anxiety. Unlike other water classes, no music or verbal instructions are used.
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.
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.
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 Yoga	Traditional yoga techniques in the warm water pool to gently develop flexibility, strength and balance.
Aqua Zen	Focus on your mind/body connection while adding increased flexibility and extra strength training to target your core muscles.
Athletic H <sub>2</sub> O	Take your athletic conditioning class to the water! Participants should be ready for anything from circuits to intervals to using various types of equipment.
Ageless Grace®	A cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain. The exercises are systemic and done in a chair in order to activate the core and challenge the brain. This program addresses all 21 physical skills needed for lifelong optimal function.
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.
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. No partner needed.
Barre	<b>Barre</b> is a ballet-inspired workout using the barre, light weights and props to strengthen and tone the entire body. <b>Aqua Barre</b> is a workout in the pool using ballet-inspired Barre exercises, balance and Aqua Yoga poses to strengthen and tone the entire body.
Barre 101	101 introduces you to basic barre moves, posture and alignment.
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™	An energizing workout from Les Mills that uses a height-adjustable step and simple movements to push your body into high gear.
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.
Cardio Mix	A choreographed aerobic workout with options given for high and low-impact. It may also incorporate an exercise ball, bosu or step to mix it up and keep you moving.
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	A 30 minute class beyond sit-ups and crunches to truly work your core.
CXWORX™	A 30-minute challenging workout from Les Mills that exercises your muscles around the core.

# CLASS DESCRIPTIONS AND LEVELS. cont.

Aquatics
  Group Exercise  
 Mind Body
  Youth

Class Name	Class Description
Cycle Cycle 101 Cycle & Strength	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; Strength</b> is interval style, combining aerobic challenges and strength intervals.
Dance Fusion	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!
Hatha Yoga Hatha I Hatha II Hatha III Gentle Intro	<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>Intro:</b> Learn breathing, sequencing and proper alignment for postures in Hatha Yoga.
H.I.I.T. H <sub>2</sub> O	Interval based workout of cardio and strength with all the resistance of water but without all the impact of land.
Integral Yoga I	A slower paced style of Hatha yoga that gently guides you through yoga poses, breath work, and deep relaxation.
Kids Athletic Conditioning	Take your fitness to the next level with this cardio and body weight workout with music and coaching to inspire you to work your hardest. Ages 8-12
Kid Fit	Ages 5 and up. A fun group workout that includes fitness games and functional movement.
Kids Yoga	A 30 or 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. Ages 6 and up.
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!
Mat Pilates I & II	A series of exercises designed to strengthen the muscles of the core (abdominals, back and buttocks) and align the spine. Mat Pilates II is a more advanced class for those who have tried Pilates 1 and would like to take it to the next level.
Nia® Nia® Sampler Nia® MOVE IT Nia® Moving to Heal	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, Nia MOVE IT and Nia FreeDance. Enjoy a different Nia® experience each first Friday. <b>Nia® MOVE IT</b> is a new and unique approach to cardiovascular interval training based on the 52 Nia Moves. Designed to condition every body part and muscle group. <b>Nia® Moving to Heal</b> The art of feeling better! A therapeutic movement experience comprised of mindful movement for whole body awareness. Can be adapted to a chair.
Power Ride	Train like a machine in this 50 minute workout. Track your performance in real time with our Power Board, and drive toward your personal best. We climb, we sprint and we race to the finish.
Power Sculpt	A mindful integration of heated vinyasa, free weights and cardio intervals, set to high energy music, to build strength, stability and stamina.
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.
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!
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!
Studio Ride	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.
Tabata	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.



# CLASS DESCRIPTIONS AND LEVELS. cont.

■ Aquatics     ■ Group Exercise  
■ Mind Body     ■ Youth

Class Name	Class Description
Tai Chi	Exercise is slow, gentle, controlled and fluid. It is very precise and meditative. The whole body tones as you work through a series of movements that incorporate legs, arms and core stability.
Vin/Yin	Experience the best of both worlds in this 75 minute yoga class that is part Vinyasa and part Yin.
Vinyasa Vinyasa I Vinyasa II Vinyasa III Vinyasa: Power Vinyasa: Improv Vinyasa: Ashtanga	<p><b>Vinyasa I:</b> 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 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.</p> <p><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 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.</p>
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.
Yoga 101	A beginner class provides step by step direction of basic yoga poses.
Yin Yoga	Target deeper connective tissue with longer held postures. The Yin style opens the body to more flexibility and promotes energy flow with a calm mind. A great compliment to other styles of yoga.
Yoga Essentials	A class for the new participant and those who want to focus on yoga basics.
Yoga H.I.I.T.	Set to upbeat music this High Intensity Interval Training class is a blend of strength and movement intervals. You will increase strength and flexibility while igniting your cardio vascular system. Level II/III
Yoga Nidra	Find full body relaxation known as yogic sleep or sleep with awareness. This class aids in relaxation through guided imagery. Unlike a quick Savasana at the end of class, the deep meditative state of consciousness allows plenty of time to sink into ultimate harmony and unwind your nervous system.
Zumba® Zumba® Kids Aqua Zumba® Zumba® Tone Zumba® Gold	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. An aquatic version, tone version, kids class and senior class (Zumba Gold) are also offered.