



# Group Class Schedule

January 1 - May 31, 2017

Group Exercise  
Mind Body  
Aquatic Exercise  
Class Descriptions

**West Chester**  
1130 McDermott Drive  
West Chester, PA 19380  
phone 610-431-7000

**acac.com**

Schedule is subject to  
change. Please visit  
**acac.com** for the most  
up-to-date schedule.

## Where to start in group classes:

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 Member Services and online at **acac.com**. If you are not sure where to start, ask an **acac** team member for assistance. Kids ages 9 through 12 are welcome to attend a class as long as they are accompanied by a parent.

## 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.

# AQUATIC CLASSES | acac WEST CHESTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am H2O Cardio Resistance (AP)	8:30am H2O Workout (EP)	8:30am WATERinMOTION® (AP)	8:30am H2O Workout (EP)		8:30am H2O Cardio Resistance (AP)	
9:30am Hydro Rock I.T. (EP)	9:30am H2O Cardio Deep (EP)	9:30am H2O Workout (EP)	9:30am WATERinMOTION® (EP)	9:30am H2O Cardio Deep (EP)	9:30am H2O Workout (EP)	9:30am Hydro Rock I.T. (EP)
10:30am H2O Core & More 45 (WWP)		10:30am H2O Core & More 45 (WWP)		10:30am H2O Core & More 45 (WWP)		
11:15am Hydro Low (WWP)		11:15am Hydro Low (WWP)		11:15am Hydro Low (WWP)		
12:00pm Feeling Fit with MS (EP)		12:00pm Aqua Flow (WWP)	12:00pm Feeling Fit with MS (EP)			
	1:00pm H2O Cardio Deep (EP)		1:00pm H2O Workout (EP)			
2:00pm Move & Thrive! AF (WWP)	2:00pm Move & Thrive! AF (WWP)	2:00pm Move & Thrive! AF (WWP)	2:00pm Move & Thrive! AF (WWP)	2:00pm Move & Thrive! AF (WWP)		
6:15pm Hydro Rock I.T. (AP)	6:15pm H2O Cardio Pilates (AP)	6:00pm Athletic Aqua (EP)	4:45pm Athletic Aqua (AP)			

(AP) Activity Pool  
 (EP) Exercise Pool  
 (WWP) Warm Water Pool

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AF Arthritis Foundation  
 Welcome to newcomers  
 Moderate intensity  
 p.r.e.p.-friendly

## AQUATIC EXERCISE CLASS DESCRIPTIONS

Aqua Flow	We combine the best of yoga, tai chi, and pilates for a water workout that will include flexibility, balance, posture and core work.
Athletic Aqua	Water resistance can add a new dimension to your strength and power. Full of drills and thrills, add splash to your workout.
Feeling Fit with MS	An aquatic exercise flexible enough to provide core, strength, balance and gait training or an aerobic workout. Instructors are certified by the MS Society and work hands-on with participants as needed.
H2O Cardio Deep	A head to toe workout with little to no impact on your hips, knees and ankles. Get a high level cardiovascular workout in deep water. Buoyancy belts available for use.
H2O Cardio Pilates	A mid-intensity cardio workout with Pilates exercises adapted for the water. Challenge balance & coordination while strengthening core muscles with alternating cardio and strength exercises.
H2O Cardio Resistance	Heart pounding, never stop moving, calorie burning, shallow water workout with the resistance challenge of the slide's current. A great cross-training opportunity for competing athletes and enthusiasts alike.
H2O Core & More	Strengthen, tighten, and tone your core!
H2O Workout	Exercises are done in both the shallow and deep water, engaging the core and working the body for strength.
Hydro Low	Flowing therapeutic exercise with mild aerobic content in the warm water pool. Stretch and improve balance.
Hydro Rock I.T.	High-intensity interval training will rock your body! You will work harder than you do on land due to the cooling effect of the water and the buoyancy that protects your joints. Great cross training for all fitness enthusiasts.
Move and Thrive! (AF)	Approved by the National Arthritis Foundation, these gentle exercises to strengthen muscles key to daily activities. Increase/maintain joint flexibility and range of motion.
WATERinMOTION®	With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55 minute water extravaganza.

# GROUP EXERCISE | acac WEST CHESTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Step 30 (A)	5:30am BODYPUMP™ (B)	5:30am Rock I.T. (A)	5:15am BODYPUMP™ Challenge 75 (A)	5:30am Boot & Bells (A)		
6:00am Pure Strength 30 (A)	6:15am BODYCOMBAT™ (A)	5:30am CXWORX™ 30 (B)	6:15am BODYCOMBAT™ (B)	6:00am BODYPUMP™ 30 (B)		
		6:00am Step 45 (B)		6:30am CXWORX™ 30 (B)	7:30am Dance Party (B)	
		7:00am BODYPUMP™ 45 (B)		7:30am Boxing Sports Camp 45 (A)	7:30am Strength Plus (A)	
8:15am BODYPUMP™ 30 (A)		7:45am CXWORX™ 30 (B)	8:30am BODYCOMBAT™ (A)		8:30am Kettlebell Basic 40 (B)	8:15am Boot & Bells (A)
8:45am CXWORX™ 30 (A)	8:30am BODYPUMP™ (B)	8:30am CXWORX™ 30 (B)	8:45am CXWORX™ 30 (B)	8:30am Strength Plus (A)	8:30am Step Sprint (A)	8:15am Step Mix 45 (B)
9:15am BODYCOMBAT™ 45 (A)	9:05am Dance Party (A)		9:30am Boot & Bells (BBA)	8:30am Dance Party Lite (B)	9:20am Rock I.T. 45 (B)	9:20am CXWORX™ 30 (B)
9:30am Boot & Bells (BBA)	9:15am Tabata HIIT 45 and Core 15 (BB)	9:15am BODYPUMP™ (A)	9:30am BODYPUMP™ (B)	9:30am Step Choreo (B)	9:30am BODYPUMP® 30 (A)	9:20am BODYPUMP® (A)
10:00am CXWORX™ 30 (B)	9:30am Step Mix (B)	9:30am Kettlebell (B)	9:30am Dance Party (A)	9:30am BODYATTACK™ (A)	10:00am CXWORX™ 30 (A)	
10:05am PiYo® (A)	10:05am Pure Strength (A)			10:30am BODYPUMP™ 30 (B)	10:15am Step Basic (B)	10:20am BODYCOMBAT™ (A)
10:30am ROCK I.T. (B)	10:30am CXWORX™ 30 (B)	10:20am PiYo® Shred (A)	10:30am Step Mix (A)	10:35am Zumba® (A)	10:40am Zumba® (A)	10:30am Family Fitness (BBA)
11:05am BODYPUMP™ (A)	12:00pm BODYPUMP™ 50 (A)	10:30am Zumba® (B)	11:30am CXWORX™ 30 (A)	11:05am CXWORX™ 30 (B)	11:15am BODYPUMP™ (B)	11:00am Zumba® (B)
	12:00pm 4ever CIRCUIT (B)	12:00pm Feeling Fit with MS (B)	12:00pm BODYPUMP™ (A)			
12:05pm 4ever FIT (A)	1:00pm Balance & Motion (B)	12:00pm 4ever FIT (A)	12:00pm 4ever FIT (B)	12:00pm Dance Party Lite (A)		
1:00pm BODYPUMP™ (A)	1:00pm Latin Dance Lite (A)		1:00pm Latin Dance Lite (A)			
		4:30pm Zumba® (A)				
4:30pm BODYPUMP™ (A)		4:45pm Kettlebell Basic 45 (B)	4:30pm BODYPUMP™ 30 (A)	5:30pm BODYPUMP™ (A)		
5:30pm BODYATTACK™ 30 (A)	5:00pm CXWORX™ 30 (A)	5:30pm BODYPUMP™ (A)	5:00pm CXWORX™ 30 (A)			
6:00pm HIIT Strength 30 (A)	5:30pm Step Mix 45 (B)	5:35pm BODYATTACK™ (B)	5:15pm PiYo® Lite 45 (B)			
6:00pm Step Basic (B)	5:35pm Zumba® Core (A)	6:35pm CXWORX™ 30 (B)	5:35pm Zumba® Toning (A)			
6:35pm Bars & Bells 75 (A)	6:30pm BODYPUMP™ (B)	6:35pm BODYCOMBAT™ (A)	6:30pm BODYPUMP™ (B)			
7:00pm Dance Party (B)	6:35pm Knockout Boxing (A)	7:05pm Step Basic (B)	6:35pm Rock I.T. 45 (A)			

(A) Studio A  
 (B) Studio B  
 (BB) Basketball Court  
 (BBA) Basketball Court - Court A

- Welcoming to newcomers
- Moderate intensity
- Experienced participants
- p.r.e.p.-friendly

# MIND BODY | acac WEST CHESTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Vinyasa I (YS)		6:00am Vinyasa I (YS)		6:00am Vinyasa I (YS)		
7:30am Hatha I (YS)	7:30am Yin Yoga (YS)		7:30am Yin Yoga (YS)	7:30am Hatha II (YS)	7:30am Vinyasa I (YS)	
8:00am Pilates (BS)	8:00am Hatha I (BS)	8:00am Pilates Barre (BS)	8:00am Hatha II (BS)	8:00am Yoga Essentials (BS)	8:30am Barre Strength (BS)	8:30am Yoga Essentials (BS)
		8:15am Hatha I (YS)				
9:15am BODYFLOW™ (BS)	9:15am Barre Strength (BS)	8:15am Barre Strength (A)	9:15am Yoga Essentials (BS)		8:45am Yoga Essentials (YS)	8:30am Vinyasa II 75 (YS)
9:30am Vinyasa II 75 (YS)	9:30am Power Yoga 75 <b>HEATED</b> (YS)	9:00am Pilates (BS)	9:30am Power Yoga 75 <b>HEATED</b> (YS)	9:30am Vinyasa II 75 (YS)	9:30am Pilates (BS)	10:00am Meditation 45 (YS)
10:30pm Pre/postnatal Yoga (BS)	10:30am Hatha II (BS)	9:30am Vinyasa I 75 (YS)	10:30am Barre Strength (BS)	10:30am BODYFLOW™ (BS)	10:15am Vinyasa I 90 (YS)	10:00am BODYFLOW™ (BS)
11:00am Yoga Essentials 75 (YS)	11:00am Vinyasa I 75 (YS)	11:00am Yoga Essentials 75 (YS)	11:00am Vinyasa I 75 (YS)	11:00am Yoga Essentials 75 (YS)	10:35am Hatha I (BS)	11:00am Hatha I (BS)
12:00pm Tai Chi/Qigong (BS)	12:00pm Yoga for Every Body 45 (BS)	12:00pm Tai Chi/Qigong (BS)	12:30pm Restorative Yoga 90 (YS)	12:00pm MS Yoga/Tai Chi 45 (BS)	12:00pm Hatha II (BS)	11:00am Restorative Yoga 90 (YS)
12:30pm Power Yoga 75 <b>HEATED</b> (YS)		12:30pm Power Yoga 75 <b>HEATED</b> (YS)		12:30pm Power Yoga 75 <b>HEATED</b> (YS)		
1:05pm Chair Yoga 45 (BS)		1:00pm Barre Strength (BS)	1:05pm Chair Yoga 45 (BS)	1:00pm Pilates Barre (BS)		
2:00pm Cancer Well-Fit Yoga (BS)		2:00pm Cancer Well-Fit Yoga (BS)				
4:30pm Hatha II 75 (YS)	5:30pm BODYFLOW™ (BS)	4:30pm Vinyasa I 75 (YS)	4:30pm Hatha II 75 (YS)			
6:00pm Power Yoga 75 <b>HEATED</b> (YS)	6:00pm Vinyasa II 75 (YS)	5:30pm Pilates (BS)	6:00pm Vinyasa II 75 (YS)	6:00pm Power Yoga 75 <b>HEATED</b> (YS)		
6:30pm BODYFLOW™ (BS)	6:30pm Pilates (BS)	6:00pm Power Yoga 75 <b>HEATED</b> (YS)	6:30pm Barre Strength (BS)			
	7:30pm Belly Dance (BS)	6:30pm Yoga Essentials (BS)				
7:30pm Yoga Essentials (YS)	7:30pm Yoga Essentials (YS)	7:30pm Hatha II (YS)	7:30pm Yoga Essentials (YS)			

(A) Studio A  
 (B) Studio B  
 (BS) Barre Studio  
 (MP) Multi-Purpose Room  
 (YS) Yoga Studio

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Welcoming to newcomers  
 Moderate intensity  
 Experienced participants  
 p.r.e.p.-friendly  
**HEATED** Room temperature 90-95°

# CYCLE | acac WEST CHESTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am Cycle		5:30am Cycle	5:15am Cycle 45	7:30am HIIT Cycle 45	
9:30am HIIT Cycle 45	9:30am Cycle 45	8:30am Cycle 45	9:30am Cycle Circuit	8:30am HIIT Cycle & Core	9:00am Cycle	9:00am Cycle
5:15pm HIIT Cycle 45	5:00pm HIIT Cycle 45	9:30am Rhythm Ride 45	5:30pm Vicious Cycle	All cycle classes take place in the Cycle Studio		
6:10pm Cycle	6:00pm Cycle			Moderate intensity	Experienced participants	

# GROUP EXERCISE CLASS DESCRIPTIONS

Balance & Motion	Gentle exercises will strengthen muscles key to improving daily activities. You will increase and maintain joint flexibility and range of motion. A focus on balance will yield rapid improvements in overall well-being and performance for all ages.
Bars & Bells	75 minutes of fierce, athletic strength and cardio training using kettlebells and body bars!
BODYATTACK™	<b>Les Mills</b> BODYATTACK™ is a high-energy, sports-inspired cardio workout that builds strength and stamina.
BODYCOMBAT™	<b>Les Mills</b> BODYCOMBAT™ is a fiercely energetic program inspired by martial arts. It draws from a wide array of disciplines such as karate, boxing, taekwondo and tai chi. Supported by driving music, strike, punch and kick your way to superior fitness. Burn an average of 737 calories per class!
BODYPUMP™	<b>Les Mills</b> BODYPUMP™ focuses on low weight and repetitions to burn fat and gain strength. The original barbell workout that strengthens and defines. Get real results really fast. Burn an average of 560 calories per class!
BODYPUMP™ Challenge	Cardio drills included to give an extra boost to your day.
Boot and Bells	Kettlebell strength, cardio and flexibility work will be featured in this boot camp styled class.
Boxing Sports Camp	This high energy class incorporates boxing equipment and lots of athletic conditioning drills to bring out your inner sports star!
CXWORX™	<b>Les Mills</b> CXWORX™ is a 30-minute workout that hones in on the torso and sling muscles that connect your upper and lower body. Tighten your abs and butt and improve functional strength.
Dance Party Dance Party Lite	We're having a party and getting in cardiovascular condition! Come dance to the music you love. <b>Dance Party Lite:</b> Expect the Lite class to have simpler choreography and to be a bit more gentle on your joints.
4ever FIT/CIRCUIT	A variety of low-impact and basic exercises focusing on 4 components of fitness: cardio, strength, balance & flexibility. In <b>4ever CIRCUIT</b> , we'll work in stations and rotate throughout class.
Family Fitness	Bring the kids and have a great time getting fit together in this class designed for family fun! Incorporates a variety of games, sports and easy-to-follow workouts.
Feeling Fit with MS	An exercise class designed for people with MS. Exercise with our expert staff and enjoy working towards improving core strength, balance and gait, and stamina.
Feeling Fit with MS - Yoga/Tai Chi	A fusion of yoga for movement of the upper body and hips, as well as tai chi movements and qigong meditation for re-balancing and enhancing the body's energy. Options given for standing or seated, as needed by the individual.
HIIT Strength	High intensity interval training focused on total body strength and metabolic burn.
Kettlebell Basic	Focuses on the basic moves of kettlebell while giving you a great workout. Kettlebell workouts enable you to develop power, improve strength and increase flexibility while feeling the rush of cardio bursts!
Kettlebell Mix	Expect to use a variety of equipment that will challenge you in new ways. Kettlebell experience recommended.
Knockout Boxing	This high energy class uses boxing equipment. You will be driven by great music and raw enthusiasm for a total knockout workout. <i>Gloves and hand wraps recommended.</i>
Latin Dance Lite	This class features Zumba®-type music and a lighter version of movement with no impact. Designed to be easier on your back, hips, knees and feet.
PiYo®	PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and defined.
PiYo® Shred	A challenging combo of PiYo®, light weight and body weight sequences that will shred the pounds and make you feel stronger!
Pure Strength	Hard core muscular strength and endurance training. Take your muscles to their limit in this total body-shredding workout! A variety of strength equipment will be used as well as your own body weight for great functional fitness.
Rock I.T.	Build strength, cardio endurance and overall stamina in this high energy interval training workout.
Step Step Basic	Easy-to-follow cardio step class. Great for those new to step as well as experienced steppers. <b>Step Basic</b> offers an effective, slower-paced step workout with basic choreography.
Step Choreo	Challenging and creative step choreography will build your stamina so you can take your stepping to the next level!
Step Mix	Mixture of stepping, aerobics and weight training improves cardio fitness while toning your entire body.
Step Sprint	This all-step workout challenges steppers of all levels with intensity-building sprints.
Strength Plus	<b>Same as Pure Strength</b> , but we'll add a few cardio bouts to shock your body!
Tabata HIIT	HIIT it hard with High Intensity Interval Training: Tabata intervals for a solid 30 minutes, rounded out by a dynamic warm up and restorative cool down.
Zumba®	A fun filled dance class to rev up your cardio! Based on international rhythms. It's a party!
Zumba® Core Zumba® Toning	All of the Zumba® cardio you love with core conditioning segments to slim your waist and teach you how to protect your back! <b>Zumba® Toning</b> features some segments using light hand weights for upper body toning.



*All group exercise, mind body, and cycle classes are included in your membership!*

Schedules are subject to change. For the most up-to-date information, visit [acac.com/west-chester/group-exercise/](http://acac.com/west-chester/group-exercise/).

## MIND BODY CLASS DESCRIPTIONS

Barre Strength	A Barre fusion class that focuses on creating a sculpted, lean, and flexible body.
Belly Dance	A core training experience through movement and dance.
BODYFLOW™	This <b>Les Mills</b> class is set to fantastic music to motivate you. A blend of yoga, core work and tai chi to strengthen muscles, improve balance, increase range of motion and de-stress. A great workout that leaves you feeling refreshed.
Cancer Well-Fit Yoga	Semi-private, warm yoga program with a focus on the mind-body-spirit connection. Class will include instruction on meditation and healing techniques within the group and will also address participants' individual needs.
Chair Yoga	A unique style of yoga that adapts yoga poses through creative use of a chair for more support and stability. This class will help relieve stress, increase energy, improve flexibility, build strength and correct posture.
Hatha I	Perfect class for first time yoga students. Breathe, stretch and de-stress. All the benefits of yoga without the intensity. A gentler style. All levels welcome. Room temp: 70-74°
Hatha II	Breathe, stretch, strengthen, and de-stress while working on alignment and fine tuning your asana practice. Learn how to practice advanced asana safely by practicing the foundations. This is a more physically challenging class. This class will be customized toward the students in attendance. Room temp: 75-80°
Meditation	45 minutes of relaxation techniques along with developing more inner awareness.
MS Yoga/Tai Chi	A fusion of yoga for movement of the upper body and hips, as well as tai chi movements and qigong meditation for re-balancing and enhancing the body's energy. Options given for standing or seated, as needed by the individual.
Pilates	The focus of core engagement and proper breathing while working in neutral spine will improve your posture, back health, and tone your entire body from the inside out.
Pilates Barre	Amplify your strength and flexibility with a blend of core conditioning pilates on the mat and standing barre work.
Power Yoga 75	Heated, flowing class based on the Vinyasa Power Yoga style. This style offers a vigorous, fast-paced series of poses designed to condition the whole body. Beginning with sun salutations, students move from one posture to another in a continual flow and link movements to breath with the aim of creating freedom in the body, peace of mind, and the ability to move more powerfully and authentically. Room temp: 90-95°
Pre/postnatal Yoga	A relaxing yoga practice focused on helping you feel calm, flexible, and fit during pregnancy and helping you gently get back into shape post delivery. This workout will increase your energy, ease aches and pains and strengthen the muscles you will use for labor and delivery.
Restorative Yoga	Restorative poses are often referred to as "active relaxation." By completely supporting the body with props (bolsters, blankets, blocks, chairs), we alternately stimulate and relax the body to move towards balance. A deep state of physiological relaxation in which one can soften muscular tension, nourish the organs, balance the hormones, and stimulate prana. Room temp: 70-74°
Tai Chi/Qigong	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.
Vinyasa I	Vinyasa means to move with breath. Moving with your inhale and exhale you will flow through a sequence of yoga poses. The challenge focus of this class will be created by altering the pace or duration of poses and the frequency that they are repeated. Room temp: 80-85°
Vinyasa II	A yoga class combining a series of dynamic, flowing postures with deep rhythmic breathing for an overall body-mind workout designed to release tension, build strength and increase endurance and flexibility. The challenge focus of this class will be created by altering the pace or duration of poses, and the frequency that they are repeated. Intermediate to advanced levels. Room temp: 80-85°
Yin Yoga	The yin style of passive poses opens the body to more flexibility while also engendering a more contemplative, non-reactive quality of mind. Each class will conclude with meditation. Room temp: 75-80°
Yoga Essentials	This yoga class focuses on the foundations of yoga postures and correct body alignment to prepare you for a Vinyasa class. The instructor will break down the correct alignment and give modifications for foundational postures of yoga. Room temp: 70-74°
Yoga for Every Body	An extra gentle yoga class designed for every body type. Practice yoga with the use of props, and modifications. Participants must be able to freely move on and off the floor. Room temp: 70-74°

## CYCLE CLASS DESCRIPTIONS

Cycle	Pedal to aerobic fitness while experiencing the thrill of the ride! Suitable for all levels.
Cycle Circuit	Circuits of cycling and resistance training provide your strength and cardio workout. Interval training of cardio and strength is a highly effective training method!
HIIT Cycle HIIT Cycle and Core	Rev up your metabolism and burn calories for hours post workout by engaging in 30 minutes of hard-hitting HIIT/Tabata intervals. Class is rounded out by a great warm up and cool down. <b>HIIT Cycle and Core</b> includes core strengthening exercises.
Rhythm Ride	A 50-minute beat-bumping sweat fest. You'll kill some serious calories and shred your upper and lower body.
Vicious Cycle	A "special" and intense class to challenge you. Push your limits = CHANGE!