

GROUP EXERCISE | acac Timonium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:30am TRX Conditioning (A)	6:00-6:45am Intensity (A)	6:45-7:30am TRX Conditioning (A)	6:00-6:45am Intensity (A)	6:00-6:45am BODYPUMP™ EX (A)	7:05-7:55am BODYPUMP™ EX (A)	
	6:00-6:50am Barre (D)		6:00-6:50am Barre (D)	7:00-7:45am H.I.I.T. Kettlebells (A)		
8:30-9:15am Athletic Conditioning II (A)	8:30-9:15am BODYPUMP™ EX (A)	8:30-9:15am BODYCOMBAT™ (A)	8:30-9:15am Athletic Conditioning II (A)	8:30-9:15am Run Class (T)	8:00-8:50am Intensity (A)	8:00-8:50am INSANITY® (A)
9:30-10:30am Zumba® (A)	9:30-10:30am Step Mix (A)	9:30-10:30am Zumba® (A)		8:30-9:20am Step (A)	9:00-9:50am Barre (D)	9:00-10:00am BODYPUMP™ (A)
	9:30-10:30am Barre Fusion (D)	10:20-11:20am Simply Strength Chair (D) p	9:30-10:30am Barre (A)	9:30-10:30am INSANITY® (A)	9:00-9:50am BODYCOMBAT™ (A)	9:10-10:10am Barre (D)
10:45-11:45am Barre (A)	10:40-11:40am Boxing Fit (A)	10:45-11:45am Barre (A)	10:40-11:40am Boxing Fit (A)	10:10-10:50am Simply Strength Chair (D) p	10:00-11:00am H.I.I.T. TRX (A)	10:10-10:55am Step Mix (A)
	10:45-11:45am Simply Strength (D) p		11:00-11:50am Simply Strength (D) p	11:00-11:50am Barre (D)	11:30am-12:30pm Zumba® (A)	11:10-12:10am Boxing Fit (A)
				10:45-11:45am BODYPUMP™ (A)		
12:00-1:00pm Zumba® Gold (A) p	12:00-1:00pm LaBlast® (A)	12:00-12:45pm Zumba® Toning Gold (A) p		12:00-1:00pm Zumba® Gold (A) p		
	5:00-5:30pm H.I.I.T. Kettlebells (A)	4:30-5:20pm INSANITY® (A)	4:45-5:30pm H.I.I.T. Kettlebells (A)	5:00-6:00pm BODYCOMBAT™ (A)		
5:30-6:15pm Boxing Fit (A)	5:40-6:25pm H.I.I.T. TRX (A)	5:30-6:15pm Boxing Fit (A)				
	5:40-6:40pm Barre (D)		5:40-6:40pm Barre (A)			
6:30-7:30pm BODYPUMP™ (A)	7:00-8:00pm Zumba® (A) p	6:30-7:30pm BODYPUMP™ (A)				

(A) Studio A
 (C) Studio C
 (D) Studio D
 (T) Treadmills

Welcoming beginners
 Intermediate to Advanced
 New Class
 Advance sign-up required
 p.r.e.p.-friendly
 EX Express class
A 30 to 45 min. version of a longer class

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.

EDGE CYCLE | acac Timonium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:50am Power Ride (CS)		5:45-6:35am Power Ride (CS)		6:00-6:45am Studio Ride 45 (CS)		8:00-8:50am Studio Ride 45 (CS)
	6:45-7:30am Studio Ride 45 (CS)		6:45-7:30am Studio Ride 45 (CS)		8:00-8:50am Rhythm FUNDamentals (CS)	9:00-9:50am Power Ride (CS)
9:30-10:30am Studio Ride 60 (CS)	8:30-9:15am Studio Ride 45 (CS)	9:30-10:30am Studio Ride 60 (CS)	8:30-9:15am Studio Ride 45 (CS)	9:30-10:20am Power Ride (CS)	9:00-9:50am Power Ride (CS)	10:00-10:45am Studio Ride 45 (CS) p
	10:45-11:30am Simply Ride (CS) p		10:45-11:30am Simply Ride (CS) p		10:30-11:15am Studio Ride 45 (CS)	11:00am-11:50pm Rhythm Ride (CS)
	12:00-12:45pm Studio Ride 45 (CS)		12:00-12:45pm Studio Ride 45 (CS)			
4:30-5:20pm Power Ride (CS)	4:30-5:20pm Power Ride (CS)	4:30-5:15pm Studio Ride 45 (CS)	4:30-5:20pm Power Ride (CS)	5:00-5:50pm Rhythm Ride (CS)		
5:45-6:35pm Rhythm Ride (CS)	6:00-6:45pm Studio Ride 45 (CS)	5:45-6:35pm Rhythm Ride (CS)	6:00-6:45pm Studio Ride 45 (CS) p			

(CS) Cycle Studio

Welcoming beginners
 Intermediate to Advanced
 New Class
 p.r.e.p.-friendly class

All cycle classes require sign up online

MIND BODY | acac Timonium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-8:00am Vinyasa Yoga II (D)					
		8:00-9:00am Qigong Hatha II (D)	8:00-8:50am Hatha Yoga : Easy Does It (D)	8:00-8:50am Power Sculpt (D)	8:00-8:50am Vinyasa: Intro (D)	8:00-9:00am Vinyasa Yoga I (D)
8:30-9:20am Power Sculpt (D)	8:20-9:20am Mat Pilates I (D) P	9:10-10:10am Vinyasa Yoga: Ashtanga (D)	9:00-9:50am Mat Pilates I (D) P	9:00-10:00am Hatha Yoga II (D)		
9:30-10:30am Vinyasa Yoga II (D)			10:00-10:50am Vinyasa Yoga: Power (D)		10:00-10:50am Vinyasa Yoga II (D)	10:20-11:20am Yin Meditation (D) P
11:00-11:50am Mat Pilates II (D)					11:00-11:50am Power Sculpt (D)	11:30am-12:30pm Vinyasa Yoga: Power (D)
12:00-12:50pm Restorative Yoga (D) P	12:00-1:00pm Vinyasa Yoga: Power (D)		12:00-12:50pm Restorative Yoga (D) P	12:00-12:55pm Mat Pilates I (D) P	12:30-1:30pm Parkinson's Yoga (D) P	
1:00-2:00pm Hatha Yoga I (D)	1:10-2:10pm Hatha Yoga: Easy Does It (D) P	1:00-2:00pm Hatha Yoga I (D)	1:00-1:50pm Tai Chi (A) P	1:00-2:00pm Vinyasa Yoga I (D)	12:45-1:45pm BODYFLOW™ (A)	
2:10-2:40pm Meditation (D) P		2:10-2:40pm Meditation (D) P				
	4:30-5:30pm BODYFLOW™ EX (D)					
5:30-6:20pm Vinyasa Yoga: Intro (D) P			5:30-6:30pm BODYFLOW™ (D)			
6:30-7:30pm Vinyasa Yoga II (D)		6:00-7:00pm Hatha Yoga II (D)				
	7:00-8:00pm Vinyasa Yoga II (D)	7:10-8:10pm Vinyasa Yoga II (D)				

(A) Studio A
 (C) Studio C
 (D) Studio D

Welcoming beginners
 Intermediate to Advanced
 New Class
P p.r.e.p.-friendly

AQUATIC EXERCISE | acac Timonium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am Masters Swim (SM + DM)		5:30-6:30am Masters Swim (SM + DM)			7:15-8:15am Masters Swim (SM + DM)	
8:00-8:45am WATERinMOTION® (SM)	8:00-8:45am Aqua Fit Deep (DM)	8:00-8:45am H.I.I.T. H2O (SM)	8:00-8:45am Aqua Fit Deep (DM)	8:00-8:45am Aqua Fit Deep (DM)	8:30-9:15am Aqua Fit Deep (DM)	
9:00-9:45am Aqua Fit Deep (DM)	9:00-9:45am H.I.I.T. H2O (SM)	9:00-9:45am Aqua Fit Deep (DM)	9:00-9:45am Aqua Zumba® (SM)	9:00-9:45am H.I.I.T. H2O (SM)	9:30-10:30am WATERinMOTION® (SM)	
11:00-11:45am Arthritis H2O I-II (LP)	11:00-11:45am Arthritis H2O II-III (LP)	11:00-11:45am Arthritis H2O I-II (LP)	11:00-11:45am Arthritis H2O II-III (LP)	11:00-11:45am Arthritis H2O II-III (LP)		12:00-12:45pm Ai Chi (LP)
12:00-12:45pm Aqua Strength (LP)	12:00-12:45pm Ai Chi (LP)	12:00-12:45pm Aqua Strength (LP)		12:00-12:45pm Aqua Strength (LP)	12:00-12:45pm Aqua Strength (LP)	1:00-1:45pm Ai Chi (LP)
6:00-6:45pm Athletic Aqua Deep (DM)		1:00-1:45pm Aqua Yoga (LP)		2:00-2:45pm Aqua Yogilates (LP)		
7:00-7:45pm Aqua Yoga (LP) P		6:00-6:45pm Athletic Aqua Deep (DM)				

(LP) Lifestyle Pool
 (DM) Main Pool: Deep
 (SM) Main Pool: Shallow

Welcoming beginners
 Intermediate to Advanced
 New Class

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

Mind Body and Aquatic Exercise classes are included with your acac membership!

GROUP EXERCISE CLASS DESCRIPTIONS

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 creates long, lean muscles using the barre for stability, stretching and resistance work with the use of light weights.
Barre Fusion	Barre Fusion is the fundamentals of traditional Barre with added elements of compound, dynamic movements for a greater challenge. May or may not incorporate the use of the Barre apparatus
BODYCOMBAT™	Les Mills' high-energy, non-contact, martial arts-inspired workout. Punch and kick your way to fitness.
BODYPUMP™	The original Les Mills weight training class that builds strength, tones your body and pushes you to the limit every time. A 45-minute version is also offered.
Boxing Fit	A boxing class using bags, gloves, and focus mitts. Impact optional, hand wraps (avail. in Logo Shop) are required.
H.I.T.T. TRX	Mix high intensity cardio intervals with strength training TRX exercises, encompassing a full body workout. Your body will be challenged to burn calories and your muscles will be pushed to the max. Intermediate to Advanced. *Registration required
H.I.T.T. Kettlebells	Mix high intensity cardio intervals with strength training Kettlebell exercises, encompassing a full body workout. Your body will be challenged to burn calories and your muscles will be pushed to the max. Intermediate to Advanced. *Registration required
INSANITY®	Forget everything you think you know about high-intensity workouts because INSANITY® turns old-school interval training on its head. It keeps you working at maximum capacity through your entire workout.
Intensity	Cardio-focused, high-performance conditioning class to help you excel in your active lifestyle. Intermediate to Advanced.
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.
Run Class	Cardio interval training done on the treatmills. <i>Headphones are required for class participation.</i>
Simply Strength Simply Strength Chair	A brief warm-up followed by conditioning for the entire body using weights and resistance tubing. Emphasizes form, technique and isolated movements. A chair version is offered.
Step	Instructors use their individual style and creativity in this traditional block choreography cardio class for those that love step.
Step Mix	Traditional step choreography that may also include a strength or athletic segment, as well as other equipment for a mixed cardio and strength workout.
TRX Conditioning	TRX based exercises creates a cutting-edge workout that builds both length and strength. This class offers a serious core challenge while focusing on form and alignment.
Zumba® Zumba® Gold Zumba® Toning	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. Zumba Gold: Latin-inspired dance class modified from its original version to focus on balance, range of motion and coordination. Come ready to sweat and feel empowered. (Toning - Light use of toning sticks for upper body strength training)

EDGE CYCLE DESCRIPTIONS

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.
Rhythm FUNDamentals	Fundamentals is a 50 minute basic class, that's not just for beginners. We will help you clip in, and review all the Rhythm Basics. Pushups, Dips, Tap backs and more! All at a slower pace, so you are able to refine the moves, catch that beat, and bring your RIDE to the next level!
Rhythm Ride	You'll quickly be addicted to this 50 minute beat-bumping party on a bike. Ride to the Rhythm and feel the beat, with this perfectly choreographed mix of upper bodywork, hills and drills, while getting lost with the intoxicating fusion of music.
Simply Ride	Simple steps to successful indoor cycling in this beginner to intermediate-friendly class. Focus on form, technique and acclimation to safe, effective riding, all set to motivating music and instruction. 45 minute express class, 30-35 min actual ride time.
Studio Ride 30, 45, 60	his 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.

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.

MIND BODY CLASS DESCRIPTIONS

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.
Hatha Yoga I	Develop strength, balance, flexibility and breath control in held postures with this alignment based class. Learn and practice correct alignment and breathing techniques in basic yoga postures.
Hatha Yoga II	Develop strength, balance, flexibility and breath control in held postures with this alignment based class. Designed to take students to the intermediate level. More advanced postures and sequences are introduced requiring more strength, stamina and flexibility.
Hatha Yoga: Easy Does It	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.
Meditation	Feel relaxed, peaceful, focused and develop more inner awareness.
Parkinson's Yoga	Free yoga class for people with Parkinson's and their care partners.
Mat Pilates I	A series of exercises designed to strengthen the muscles of the core while promoting proper spinal alignment.
Mat Pilates II	A more advanced class for those who have tried Pilates 1 and would like to take it to the next level.
Power Pilates Mat	Expand on the principles of Pilates in this powerful and complete core workout.
Power Sculpt	A mindful integration of heated vinyasa, free weights and cardio intervals, set to high energy music, to build strength, stability and stamina.
Qigong Yoga	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.
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.
Vinyasa Yoga I	A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful.
Vinyasa Yoga II	A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful. In level 2 the pace may increase and more complex poses and inversions are introduced.
Vinyasa Yoga: Ashtanga	A precise interlinking of power yoga postures, creating a continuous flow of movement and deep breathing. A good balance of strength and flexibility. Level II/III
Vinyasa Yoga: Intro	Learn breathing, sequencing and proper alignment for postures and flow in Vinyasa Yoga.
Vinyasa Yoga: Improv	A modified practice of the primary series of Ashtanga yoga. A precise interlinking of traditional yoga postures creating continuous flow of movement and deep breathing. Level II/III
Vinyasa Yoga: Power	A more vigorous approach to Vinyasa. Appropriate for intermediate and advanced practitioners, the instructor will lead participants through postures focused on core-strength, arm-balancing, and inversions. Level II/III

AQUATIC EXERCISE CLASS DESCRIPTIONS

Ai Chi	Create improved range of motion, balance and mobility with water movement and relaxation. Ai Chi uses a combination of deep breathing and slow, broad movements of the arms, legs and torso.
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.
Athletic Aqua Deep	Take your athletic conditioning class to the water! Participants should be ready for anything from circuits to intervals to using various types of equipment.
H.I.I.T. H ₂ O	Interval based workout or cardio and strength with all the resistance of water but without all the impact of land.
Aqua Strength	Use the unique properties of water and resistance equipment to strengthen and tone your entire body.
Aqua Zumba®	All the fun and challenge of traditional Zumba with a water flair for less impact on joints.
Aqua Yoga	Traditional yoga techniques in the warm water pool to gently develop flexibility, strength and balance.
Aqua Yogilates	Focus on your mind/body connection while adding increased flexibility and extra strength training to target your core muscles.
Arthritis H ₂ O	These gentle exercise classes are designed to strengthen and tone muscles key to daily activities and to increase/maintain joint flexibility and range of motion. Classes are held in a 92 degree warm water pool.
Masters Swim	A structured, coached swim workout designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship and camaraderie.
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!

ALL CLASSES | acac Hunt Valley

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00-10:00am Hatha Yoga	
12:00-12:45pm Cycle 45	12:00-12:45pm Core Blast	12:00-12:45pm Cycle 45		12:00-12:45pm Core Blast		
5:30-6:14pm Cycle 45	5:30-6:30pm Core Blast		5:30-6:30pm Vinyasa Yoga I-II			

- Welcoming beginners
- Intermediate to Advanced
- New Class

HUNT VALLEY CLASS DESCRIPTIONS

Cycle 30/45	Climb to new heights and sprint to the finish in this express class.
Core Blast	Raise your heart rate and strengthen your core with this boot camp style, core-shredding class.
Hatha Yoga I-II	Hatha Yoga I: Develop strength, balance, flexibility and breath control in held postures with this alignment based class. Learn and practice correct alignment and breathing techniques in basic yoga postures. Hatha Yoga II: Develop strength, balance, flexibility and breath control in held postures with this alignment based class. Designed to take students to the intermediate level. More advanced postures and sequences are introduced requiring more strength, stamina and flexibility.
Vinyasa Yoga I-II	Vinyasa I: A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful. Vinyasa II: A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful. In level 2 the pace may increase and more complex poses and inversions are introduced.