

FREE workshops at acac Downtown!



| sunday | monday | tuesday | wednesday | thursday | friday | saturday |
|---------|--|--|---|---|---|---|
| | | | Sept 21 Group Run/Core+ strength +stretch with Ann D 9:30am, leave from DT lobby | Sept 22 Group Run/Core+ strength with Ann D 6:00am, leave from DT lobby Vitamin D with Dustin B 12:00-1:00pm, fitness floor strength & conditioning | Sept 23 Destination Workout in Charlottesville with Ann D 6:30am, email annd@acac.com for starting location | Sept 24 Destination Long Run with Ann D 8:00am, email annd@acac.com for starting location |
| Sept 25 | Sept 26 Stand Up Straight with Dustin B 12:00-12:30pm, learn ways to improve posture, core strength, and flexibility, in the personal training studio | Sept 27 Track Tuesdays with Ann D 5:30pm, leave from DT lobby | Sept 28 Group Run/Core+ strength +stretch with Ann D 9:30am, leave from DT lobby | Sept 29 Group Run/Core+ strength with Ann D 6:00am, leave from DT lobby Vitamin D with Dustin 12:00-1:00pm, fitness floor strength & conditioning | Sept 30 Destination Workout in Charlottesville with Ann D 6:30am, email annd@acac.com for starting location | Oct 1 Destination Long Run with Ann D 8:00am, email annd@acac.com for starting location |
| Oct 2 | Oct 3 Stand Up Straight with Dustin B 12:00-12:30pm, learn ways to improve posture, core strength, and flexibility, in the personal training studio | Oct 4 Track Tuesdays with Ann D 5:30pm, leave from DT lobby | Oct 5 Group Run/Core+ strength +stretch with Ann D 9:30am, leave from DT lobby | Oct 6 Group Run/Core+ strength with Ann D 6:00am, leave from DT lobby Vitamin D with Dustin 12:00-1:00pm, fitness floor strength & conditioning | Oct 7 Destination Workout in Charlottesville with Ann D 6:30am, email annd@acac.com for starting location Run Around Our Town with Stephanie T 7:00am, leave from DT lobby, will run Mall & North Downtown | Oct 8 Destination Long Run with Ann D 8:00am, email annd@acac.com for starting location |
| Oct 9 | Oct 10 Stand Up Straight with Dustin B 12:00-12:30pm, learn ways to improve posture, core strength, and flexibility, in the personal training studio | Oct 11 Track Tuesdays with Ann D 5:30pm, leave from DT lobby Run Around Our Town with Stephanie T 6:30pm, leave from DT lobby, will run around Belmont | Oct 12 Group Run/Core+ strength +stretch with Ann D 9:30am, leave from DT lobby | Oct 13 Group Run/Core+ strength with Ann D 6:00am, leave from DT lobby Vitamin D with Dustin 12:00-1:00pm, fitness floor strength & conditioning | Oct 14 Destination Workout in Charlottesville with Ann D 6:30am, email annd@acac.com for starting location | Oct 15 Destination Long Run with Ann D 8:00am, email annd@acac.com for starting location |
| Oct 16 | Oct 17 Stand Up Straight with Dustin B 12:00-12:30pm, learn ways to improve posture, core strength, and flexibility, in the personal training studio | Oct 18 Track Tuesdays with Ann D 5:30pm, leave from DT lobby | Oct 19 Group Run/Core+ strength +stretch with Ann D 9:30am, leave from DT lobby | Oct 20 Group Run/Core+ strength with Ann D 6:00am, leave from DT lobby Vitamin D with Dustin 12:00-1:00pm, fitness floor strength & conditioning | Oct 21 Destination Workout in Charlottesville with Ann D 6:30am, email annd@acac.com for starting location | |

All workshops qualify as WILD CARD EVENTS in our CRAZYMAN Fitness Challenge. See a team member for details. For more details on each of these workshops, visit our website at acac.com/charlottesville.