

Group Class Schedule

2017

Group Exercise
Aquatic Exercise
Class Descriptions

Germantown
20500 Seneca Meadows Parkway
Germantown, MD 20876
phone 240.686.4500

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 GERMANTOWN						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am BODYPUMP™ (A)		5:45-6:45am Muscle Challenge (A)	7:00-7:30am Core (A)	6:00-7:00am BODYPUMP™ (A)	7:30-8:30am Yoga (A)	
9:00-9:30am CXWORX™ (A)		9:00-9:30am Core (A)			8:30-9:00am Core (A)	8:00-9:00am Boot Camp (A)
9:30-10:30am Interval Training (A)	9:30-10:30am 20/20/20 (A)	9:30-10:30am BODYSTEP™ (A)	9:30-10:30am Zumba® (A)	9:30-10:30am Fit for Life (A)	9:00-9:30am Stretch (A)	9:30-10:30am Zumba® (A)
10:30-11:30am BODYPUMP™ (A)	10:30-11:30am 4ever FIT (A)	10:30-11:30am Yoga (A)	10:30-11:30am 4ever FIT (A)	10:30-11:30am Muscle Challenge (A)	9:30-10:30am BODYSTEP™ (A)	10:30-11:30am 4ever FIT (A)
	12:00-1:00pm Yoga (A)		12:00-1:00pm Yoga (A)		10:30-11:30am BODYPUMP™ (A)	
5:30-6:30pm 4ever FIT (A)	5:30-6:30pm BODYPUMP™ (A)	5:30-6:30pm BODYSTEP™ (A)	5:30-6:30pm BODYPUMP™ (A)	5:30-6:30pm Yoga (A)	11:30am-12:30pm BODYCOMBAT™ (A)	
6:30-7:30pm Yoga (A)	6:30-7:30pm Zumba® (A)	6:30-7:30pm Yoga (A)	6:30-7:30pm Muscle Challenge (A)	6:30-7:30pm Zumba® (A)		
7:30-8:30pm BODYCOMBAT™ (A)	7:30-8:30pm Boot Camp (A)	7:30-8:30pm Zumba® (A)	7:30-8:30pm Stretch (A)			

(A) Studio A

Welcomes beginners

Moderate to advanced

Get current schedule information on **acac.com**. Classes are subject to change.

CYCLE CLASSES acac GERMANTOWN						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:45am Cycle 45 (C)		6:00-6:45am Cycle 45 (C)		8:00-9:00am Cycle 60 (C)	9:00-10:00am Cycle 60 (C)
9:30-10:15am Cycle 45 (C)	9:30-10:30am TREK 60 (C)	9:30-10:15am Cycle 45 (C)	9:30-10:30am TREK 60 (C)	9:30-10:15am Cycle 45 (C)	9:15-10:00am Cycle 45 (C)	10:15-11:00am Cycle 45 (C)
12:00-12:45pm Cycle 45 (C)		12:00-12:45pm Cycle 45 (C)				
5:30-6:15pm Cycle 45 (C)	5:30-6:15pm Cycle 45 (C)	5:30-6:15pm Cycle 45 (C)	5:30-6:15pm Cycle 45 (C)			
6:30-7:15pm Cycle 45 (C)	6:30-7:15pm Cycle 45 (C)	6:30-7:15pm Cycle 45 (C)	6:30-7:15pm Cycle 45 (C)	6:30-7:30pm Cycle 60 (C)		




(C) Cycle Studio

Welcomes beginners

Moderate to advanced

Group Exercise classes are included with your **acac** membership!

ACTIVITY POOL SCHEDULE | acac GERMANTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-8:45am Water Circuit 45 (A)		8:00-9:15am Water Circuit 45 (A)		9:15-10:00am Aqua Fitness 45 (A)	9:15-10:00am Aqua Fitness 45 (A)
9:30-10:15am Aqua Fitness 45 (A)	9:30-10:15am Aqua Fitness 45 (A)	9:30-10:15am Aqua Fitness 45 (A)	9:30-10:15am Aqua Fitness 45 (A)	9:30-10:15am Aqua Fitness 45 (A)	(A) Activity Pool <hr/>  Welcomes beginners  Moderate to advanced  Fee Charged	
10:30-11:15am Aqua Fitness 45 (A)		10:30-11:15am Aqua Fitness 45 (A)		10:30-11:15am Aqua Fitness 45 (A)		
6:30-7:15pm Aqua Fitness 45 (A)		6:30-7:15pm Aqua Fitness 45 (A)				

POOL SCHEDULE | acac GERMANTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:25am Adult Lap Swim (A)	5:00-8:00am Adult Lap Swim (A)	5:00-9:25am Adult Lap Swim (A)	5:00-8:00am Adult Lap Swim (A)	5:00-9:25am Adult Lap Swim (A)	7:00-9:10am Adult Lap Swim (A)	7:00-9:10am Aqua Fitness (A)
11:20am-12:00pm Family Time (A)	10:20am-12:00pm Family Time (A)	11:20am-12:00pm Family Time (A)	10:20am-12:00pm Family Time (A)	11:20am-12:00pm Family Time (A)	10:05-10:30am Family Time (A)	10:05am-12:00pm Family Time (A)
12:00-1:00pm Adult Lap Swim (A)	12:00-1:00pm Adult Lap Swim (A)	12:00-1:00pm Adult Lap Swim (A)	12:00-1:00pm Adult Lap Swim (A)	12:00-1:00pm Adult Lap Swim (A)	10:30am-3:00pm Swim School (A)	12:00-3:30pm Swim School (A)
1:00-4:30pm Family Time (A)	1:00-4:00pm Family Time (A)	1:00-6:25pm Family Time (A)	1:00-4:00pm Family Time (A)	1:00-4:00pm Family Time (A)	3:00-4:45pm Family Time (A)	3:30-4:30pm Family Time (A)
4:30-6:25pm Kids Zone Family Time (A)	4:00-8:00pm Swim School (A)		4:00-6:00pm Swim School (A)	4:00-8:00pm Swim School (A)	4:45-5:45pm Kids Zone Family Time (A)	4:30-5:45pm Kids Zone Family Time (A)
7:20-8:45pm Kids Zone Family Time (A)	8:00-8:45pm Kids Zone Family Time (A)	7:20-8:45pm Kids Zone Family Time (A)	6:00-8:45pm Kids Swim Family Time (A)	8:00-8:45pm Kids Zone Family Time (A)	5:45-6:45pm Adult Lap Swim (A)	5:45-6:45pm Adult Lap Swim (A)
8:45-9:45pm Adult Lap Swim (A)	8:45-9:45pm Adult Lap Swim (A)	8:45-9:45pm Adult Lap Swim (A)	8:45-9:45pm Adult Lap Swim (A)	8:45-9:45pm Adult Lap Swim (A)	Lap Lane Policy for group classes: If a class/program includes 8 or more participants, the lap lane will be removed 5 minutes prior to or within 10 minutes of the start of the class/program.	

AQUATIC EXERCISE CLASS DESCRIPTIONS

 fee-charged

Aqua Fitness 45	An energizing, low impact water fitness class that combines both strength training and cardiovascular conditioning exercises that will challenge your muscles and increase your strength.
Water Circuit 45	This water-based, small group coaching class utilizes the power of water to increase strength and endurance through low-impact, high-intensity aerobic and resistance training.

CYCLE CLASS DESCRIPTIONS

Cycle 45/60	Cycling classes utilizing high-energy music and motivating, non-competitive group environment to create a stronger, leaner body. Non-complicated moves and low-impact pedaling allows the opportunity for a great cardio workout.
TREK/Cycle 30	An instructor will lead you through an exciting 30 minute workout on the treadmill combined with a Cycle 30 class in the Spin room. Excellent motivation and cuing help you reach the intensity necessary to increase both cardiovascular endurance and muscular strength. Great for runners, walkers and bikers of all levels.

GROUP EXERCISE AND MIND BODY CLASS DESCRIPTIONS

Class Name	Class Description
20/20/20	This class consists of 20 minutes of resistance exercise (using weights, tubing etc), 20 minutes of cardio movement to music (may incorporate a step), and 20 minutes of combined core, balance and flexibility. Emphasis on each of these will vary each week.
BODYCOMBAT™	Les Mills' high-energy, non-contact, martial arts-inspired workout. Punch and kick your way to fitness.
BODYSTEP™	Using the step in many positions and heights, this cardio class strengthens and shapes the lower body.
BODYPUMP™	This barbell class strengthens all major muscles in a motivating group environment.
Cardio Dance/Zumba/ Cardio Blast	This easy-to-follow dance class incorporates high- and low-impact dance moves for a great cardiovascular workout. The style of dance moves and choice of music varies by instructor.
CXWORX™	The ultimate way to get a tight and toned core. Dynamic training hones in on your abs, glutes, back, and obliques.
Fit for Life	Whether you're new to fitness, returning to exercise, or want a lighter approach, this class will combine all the benefits of strength, cardio, flexibility, and balance with fun, easy to follow gentle fitness movements.
4ever FIT	A variety the 4 components of fitness, Cardio, strength, balance and flexibility in one fun and fulfilling class for all levels.
Core	Work your abdominals, obliques, and lower back muscles, using body weight exercises and a variety of equipment, in this express version class.
Interval Training	Class designed to incorporate cardio, strength and stretching. Class is suitable for all levels and ages.
Muscle Challenge/ Boot Camp	Develop muscular strength and endurance as well as functional movements using a variety of controlled exercises. Weights, tubing, bands, and bars will be used to develop and strengthen the entire body.
Pilates Mat	Redefine yourself through this core strengthening class designed to improve flexibility, coordination, and posture, as well as body alignment and breathing.
Stretch	This is a gentle, restorative class with focus on stretching and flexibility.
Yoga	A unique way to integrate mind, body, and spirit, without force or competitiveness. Helps to develop muscle tone and improve physical condition while promoting flexibility and relaxation.