

## 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 Strength Challenge (A)		5:45-6:45am Strength Challenge (A)		6:00-7:00am BODYPUMP™ (A)	<b>P</b> 7:30-8:30am Vinyasa Yoga (A)	
8:45-9:15am CXWORX™ (A)		8:45-9:15am CXWORX™ (A)	<b>P</b> 8:45-9:30am Balance (A)		8:30-9:30am Pi Yo (A)	8:00-9:00am Athletic Conditioning (A)
<b>P</b> 9:30-10:30am Fit Essentials (A)	<b>P</b> 9:30-10:30am Fit Essentials (A)	9:30-10:30am Step Mix (A)	9:30-10:30am BODYFLOW™ (A)	<b>P</b> 9:30-10:30am Fit Essentials (A)	9:30-10:30am BODYSTEP™ (A)	<b>P</b> 9:30-10:30am Zumba® (A)
10:30-11:30am BODYPUMP™ (A)	10:30-11:30am LaBlast® (A)	<b>P</b> 10:30-11:30am Vinyasa Yoga (A)	10:30-11:30am H.I.I.T (A)	<b>P</b> 10:30-11:30am Barre (A)	10:30-11:30am BODYPUMP™ (A)	10:30-11:30am Barre (A)
	<b>P</b> 10:45-11:45am Fit Essentials Seated (CA)		10:45-11:30am Chair Yoga/ Meditation (CA)		11:30am-12:30pm BODYCOMBAT™ (A)	11:30am-12:30pm Step Mix (A)
	<b>P</b> 12:00-1:00pm Vinyasa Yoga (A)		<b>P</b> 12:00-1:00pm Vinyasa Yoga (A)	12:00-1:00pm Mat Pilates (A)		<b>P</b> 12:30-1:30pm BODYFLOW™ (A)
4:30-5:00pm CXWORX™ (A)	<b>P</b> 4:30-5:30pm BODYFLOW™ (A)	4:30-5:30pm Barre (A)	4:30-5:30pm BANG Power Dance (A)			1:30-2:30pm Zumba® (A)
5:00-5:30pm BODYCOMBAT™ EX (A)				<b>P</b> 5:30-6:30pm Hatha Yoga (A)		
5:30-6:30pm Step Mix (A)	5:30-6:30pm BODYPUMP™ (A)	5:30-6:30pm BODYSTEP™ (A)	5:30-6:30pm BODYPUMP™ (A)			
7:00-8:00pm LaBlast® (BB)	6:35-7:35pm Zumba® (A)	<b>P</b> 6:35-7:35pm Vinyasa Yoga (A)	6:35-7:35pm Strength Challenge (A)	6:35-7:35pm Zumba® (A)		
6:35-7:35pm Vinyasa Yoga (A)						
<b>P</b> 7:35-8:35pm BODYCOMBAT™ (A)	7:35-8:35pm Athletic Conditioning (A)	7:35-8:35pm BANG Power Dance (A)	7:35-8:35pm Zumba® Toning (A)			

(A) Studio A  
(BB) Basketball Court  
(CA) Conference Room A  
(SGT) Small Group Training Area

Welcomes beginners  
Moderate to advanced  
New class

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

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)	
<b>P</b> 12:00-12:30pm Cycle 30 (C)		<b>P</b> 12:00-12:30pm Cycle 30 (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)		6:30-7:30pm Cycle 60 (C)		

(C) Cycle Studio

Welcomes beginners  
Moderate to advanced  
New class

# ACTIVITY POOL SCHEDULE | acac GERMANTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-8:45am Water Circuit 45 (A)		8:00-8:45am Water Circuit 45 (A)		9:15-10:00am Athletic Aqua (A)	9:15-10:00am WATERinMOTION® (A)
9:30-10:15am Aqua Fit 45 (A)	9:30-10:15am Aqua Fit 45 (A)	9:30-10:15am Aqua Fit 45 (A)	9:30-10:15am Aqua Fit 45 (A)	9:30-10:15am Aqua Fit 45 (A)		
10:30-11:15am WATERinMOTION® (A)		10:30-11:15am Aqua Zumba® (A)		10:30-11:15am Aqua Fit 45 (A)		
6:30-7:15pm Aqua Fit 45 (A)		6:30-7:15pm Aqua Zumba® (A)	6:30-7:15pm Athletic Aqua (A)			

(A) Activity Pool

- Welcomes beginners
- Moderate to advanced
- New class
- Fee Charged
- p.r.e.p.-friendly class

# 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 Adult Lap Swim (A)
11:35am-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)	10:20am-12:00pm Family Time (A)
12:00-1:00pm Adult Lap Swim (A)	10:30am-3:00pm Swim School (A)	11:30am-3:30pm Adult Lap Swim (A)				
1:00-4:30pm Family Time (A)	1:00-4:00pm Family Time (A)	1:00-5:00pm Family Time (A)	1:00-5:00pm Family Time (A)	1:00-4:00pm Family Time (A)	10:30am-2:30pm Adult Lap Swim (A)	12:00-3:30pm Swim School (A)
4:30-6:25pm Kids Zone Family Time (A)	4:00-8:00pm Swim School (A)	5:00-6:25pm Adult Lap Swim (A)	5:00-6:25pm Adult Lap Swim (A)	4:00-8:00pm Swim School (A)	3:00-4:45pm Family Time (A)	3:30-4:30pm Family Time (A)
	4:00pm-6:00pm Adult Lap Swim (A)		4:00pm-6:00pm Adult Lap Swim (A)	4:00pm-8:00pm Adult Lap Swim (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)	7:35-8:45pm Kids Zone Family Time (A)	7:20-8:45pm Kids Zone 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)						

**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 Fit 45	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 Zumba®	Enjoy a challenging and fun water workout to Latin music in shallow water. Water shoes are highly recommended.
Athletic Aqua	Take your athletic conditioning class to the water! Participants should be ready for anything from circuits to intervals to using various types of equipment.
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.
WATERinMOTION®	This shallow-water, cross training workout combines cardio and muscle toning with reduced impact on your joints.

## GROUP EXERCISE AND MIND BODY CLASS DESCRIPTIONS

Class Name	Class Description
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.
BANG Power Dance	BANG is a fusion of boxing, aerobics, intervals, hip hop, world dance and bodyweight training. Every class starts your workout with a "BANG" and takes your fitness to a whole new level!
Barre	Barre is a ballet-inspired workout using the barre, light weights and props to strengthen and tone the entire body.
BODYCOMBAT™	Les Mills' high-energy, non-contact, martial arts-inspired workout. Punch and kick your way to fitness.
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.
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.
CXWORX™	The ultimate way to get a tight and toned core. Dynamic training hones in on your abs, glutes, back, and obliques.
Hatha Yoga	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.
H.I.I.T 45	45 minutes of high-intensity interval training. A total body, heart pumping, aerobic and strength conditioning workout. Modifications for different fitness levels provided.
Fit Essentials	Classic cardio moves designed to increase stamina combined with strength training and flexibility exercises to keep you feeling strong and limber. Acceptable for all ages and fitness levels.
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.
Mat Pilates	A series of exercises designed to strengthen the muscles of the core while promoting proper spinal alignment.
Pi Yo	A tough, high-intensity class that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. Class is set to the rhythmic beats of rock music.
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
Strength Challenge	A brief warm-up followed by conditioning for the entire body using weights and resistance tubing. Emphasizes form, technique and isolated movements.
Stretch	This is a gentle, restorative class with focus on stretching and flexibility.
Vinyasa Yoga	A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful.
ZUMBA®	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.

## CYCLE CLASS DESCRIPTIONS

Cycle 30/45/60	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 60	This two-part (treadmill then cycle) class starts with an exciting 30 minute workout on the treadmill followed by 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 classes are included with your **acac** membership! Get current schedule information on **acac.com**.

Classes are subject to change.