



# Group Class Schedule

January 1 - May 31, 2017

Group Exercise  
Mind Body  
Aquatic Exercise  
Class Descriptions

**Albemarle Square**  
500 Albemarle Square  
Charlottesville, VA 22901  
phone 434.978.3800

**Crozet**  
1015 Heathercroft Circle  
Crozet, VA 22932  
phone 434.817.2055

**Downtown**  
111 Monticello Avenue  
Charlottesville, VA 22902  
phone 434.984.3800

**acac.com**

## Where to start in group classes:

Group classes are held at all three of our Charlottesville locations and are included in your **acac** membership.

In the schedules on the following pages, classes highlighted in green are appropriate for new participants. If you

are not sure where to start, ask an **acac** team member for assistance.

## How to have a successful group class experience:

- Wear comfortable clothes and appropriate footwear. Please refrain from wearing perfumes or heavily scented lotions.

- Bring a water bottle and towel.
- Arrive early for equipment set-up and to ask any questions.
- The warm-up is essential to your safety. Do not enter a class more than 10 minutes after the listed start time.
- Cool-down and stretching are important for your safety. Please do not leave class early.

# GROUP EXERCISE | acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am BODYPUMP™ (G)	6:00-7:00am Athletic Conditioning (G)	6:00-7:00am Strength Challenge (G)	5:45-6:30am Cycle EX (CS)	6:00-7:00am BODYPUMP™ (G)	7:55-8:50am Athletic Conditioning (G)	
6:00-6:45am Cycle EX (CS)	6:00-6:45am Cycle EX (CS)	6:00-6:45am Cycle EX (CS)	6:00-6:55am Afterburn (G)	6:00-7:00am Cycle Fusion (CS)	8:00-8:50am Barre Strength (A)	
<b>P</b> 8:15-9:15am Afri-Cardio (A)	7:10-7:40am CXWORX™ [S] (G)	<b>P</b> 8:15-9:00am Pump Lite EX (G)	6:05-6:55am Barre Strength [S] (A)	<b>P</b> 8:15-9:00am Pump Lite EX [S] (G)	8:45-9:45am Cycle (CS)	9:00-9:50am Cycle Fusion (CS)
9:15-10:05am Cycle Fusion (CS)	9:15-10:00am Cycle EX (CS)		7:10-7:55am Cycle EX (CS)	9:10-10:05am Afterburn (G)	9:00-9:55am Athletic Conditioning (G)	10:00-10:50am Afterburn [S] (G)
9:15-10:15am BODYPUMP™ (G)	9:45-10:30am Kettlebell EX (G)	9:15-10:15am Athletic Conditioning (G)	9:45-10:30am Kettlebell EX (G)	10:15-11:00am Cycle EX (CS)	9:15-9:55am Youth Fitness Ages 5 & up (SGT)	10:30-11:20am Barre Strength Plus (A)
9:45-10:15am ABConditioning Ages 2 & up (A)	<b>P</b> 10:15-10:55am Stretch (A)	9:15-10:15am Cycle/Core (CS)	<b>P</b> 10:15-10:55am Stretch (A)	10:20-11:20am BODYPUMP™ (G)	10:15-11:15am Cycle/Stretch [S] (CS)	12:00-1:00pm Cycle (CS)
10:30-11:30am Strength Challenge (G)	<b>P</b> 10:45-11:45am Dance Fusion [S] (G)	10:30-11:30am Strength Challenge (G)	<b>P</b> 10:45-11:45am Dance Fusion (G)	10:30-11:20am Barre Strength (A)	10:15-11:15am BODYPUMP™ (G)	<b>P</b> 12:30-1:15pm CIZE™ LIVE (CS)
<b>P</b> 11:30am- 12:15pm Fitness Fundamentals (SGT)	11:05-11:35am Dance Fitness Ages 2 & up (A)	10:30-11:20am Barre Strength (A)	<b>P</b> 11:30am- 12:15pm Fitness Fundamentals (SGT)	11:30am-12:00pm BODYFLOW™ EX (G)	<b>P</b> 11:30am- 12:30pm ZUMBA® (G)	
	12:05-12:50pm BODYPUMP™ EX (G)	<b>P</b> 11:30am- 12:05pm Balance Foundations (A)	12:05-12:50pm BODYPUMP™ EX (G)	<b>P</b> 11:30am- 12:05pm Balance Foundations (A)	12:00-12:50pm Barre Strength (A)	3:15-4:15pm BODYSTEP™ (G)
12:10-12:55pm Cycle EX (CS)	<b>P</b> 12:10-12:55pm Cycle EX (CS)	11:50am-12:05pm BODYSTEP™ Basics (G)	12:10-12:55pm Cycle Fusion EX (CS)	12:10-12:55pm Kettlebell EX (G)	12:35-1:05pm CXWORX™ (G)	<b>P</b> 4:30-5:30pm Dance Fusion (G)
12:10-12:55pm Boxing Fitness EX (G)	12:10-12:55pm Barre Strength EX (A)	12:10-12:55pm BODYSTEP™ EX (G)	1:00-1:30pm Tabata 30 (G)	12:10-1:10pm Cycle/Core (CS)	1:15-2:15pm BODYFLOW™ (G)	<b>P</b> 4:45-5:45pm Barre Foundations (A)
	1:00-1:30pm H.I.I.T 30 (G)	12:10-1:00pm Cycle EX (CS)	4:15-4:55pm Youth Fitness Ages 5 & up (SGT)			
1:00-1:30pm CXWORX™ (G)	4:15-5:10pm Metabolic Melt (G)	1:00-1:30pm CXWORX™ (G)	4:15-5:10pm Athletic Conditioning (G)	<b>P</b> 4:15-5:00pm Cycle Grooves EX [S] (CS)		
4:15-5:00pm Cycle Grooves EX [S] (CS)	<b>P</b> 4:30-5:15pm Dance Conditioning (A)	4:15-4:45pm Youth Yoga Ages 5 & up (CS)	<b>P</b> 4:15-5:00pm Simply Cycle [S] (CS)	<b>P</b> 4:25-5:25pm Afri-Cardio (G)		
4:15-5:15pm BODYPUMP™ (G)	5:20-5:35pm Core (G)	4:15-5:15pm BODYPUMP™ (G)	<b>P</b> 4:30-5:15pm Dance Conditioning (A)	4:25-5:20pm Barre Strength (A)		
5:30-6:30pm Cycle (CS)	5:45-6:30pm Cycle EX (CS)	5:30-6:30pm Cycle (CS)	5:20-5:35pm Core (G)			
5:30-6:30pm BODYJAM™ (G)	5:45-6:45pm Boxing Fitness (G)	5:30-6:00pm CXWORX™ (G)	5:30-6:15pm Cycle EX (CS)	5:35-6:35pm BODYJAM™ (G)		
6:45-7:30pm Cycle EX (CS)	7:00-7:45pm BODYPUMP™ EX (G)	6:15-7:00pm Athletic Conditioning EX (G)	5:45-6:30pm Boxing Fitness EX (G)			
6:45-7:45pm Strength Challenge (G)	7:00-7:50pm Barre Strength (A)	<b>P</b> 7:10-7:55pm Dance Party [S] (G)	6:45-7:45pm Metabolic Melt (G)			

(A) Mind Body Studio A  
(CS) Cycle Studio  
(G) Group Exercise Studio  
(SGT) Small Group Training Studio


- Welcoming beginners
- Moderate to advanced
- New class
- Youth class
- Youth friendly (9-12 w/parent)
- Advance sign-up required
- p.r.e.p.-friendly class







EX Express class  
A 30 to 45 min. version of a longer class

**ADVANCE SIGN-UP** is required for classes indicated with a red triangle. For adult classes, sign up online at **acac.com** or with Member Services. Online sign-up opens 25 hours prior to the start of class and closes 1 hour prior. Sign up at Member Services begins 15 minutes before the start of class for any additional open spots. Cancel 1 or more hours prior to avoid a \$10 no-show fee. For youth classes, sign up in the Kids Zone on the day of class.

**[S] SEASONAL CLASS:** Seasonal classes may not be offered for the full date range of the schedule. Check **acac.com** for the most up-to-date schedule.

# GROUP EXERCISE | acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am Cycle (M)	6:00-7:00am BODYPUMP™ (A)	6:00-6:45am Cycle EX (M)	6:00-7:00am BODYPUMP™ (A)	6:00-7:00am Cycle (M)		
6:00-6:45am Athletic Conditioning EX (A)		6:00-6:45am ChoreoStep EX [S] (A)		 <p><b>Schedules are subject to change.</b> FOR THE MOST UP-TO-DATE INFORMATION, VISIT <a href="http://acac.com">acac.com</a></p>		
	8:30-9:15am Kettlebell EX (B)	6:50-7:20am Core (A)				
<b>P</b> 8:30-9:30am ZUMBA® (A)	8:45-9:30am ChoreoStep EX (A)	<b>P</b> 8:30-9:30am ZUMBA® (A)	8:30-9:15am H.I.I.T. 45 (B)	<b>P</b> 8:30-9:30am Dance Fusion (A)	8:30-9:30am R.I.P.P.E.D.™ (A)	
	9:15-10:15am Baby Boot Camp® (Adventure Central)	9:15-10:15am Cycle (M)	8:45-9:30am ChoreoStep EX (A)		8:30-9:15am Kettlebell EX (B)	9:00-10:00am BODYPUMP™ (A)
9:15-10:30am Cycle/Core (M)	9:15-10:15am Cycle (M)	9:35-10:05am CXWORX™ (A)	9:15-10:15am Cycle (M)	9:15-10:30am Cycle Fusion (M)	9:00-10:00am Cycle (M)	
9:35-10:35am BODYSTEP™ (A)	9:30-10:30am Barre Strength (B)	10:10-10:55am BODYFLOW™ EX (A)	9:30-10:30am Barre Strength (B)	9:35-10:35am BODYSTEP™ (A)	9:30-10:30am Barre Strength (B)	10:30-11:30am Athletic Conditioning (A)
	9:35-10:35am BODYPUMP™ (A)		9:35-10:35am BODYPUMP™ (A)		9:35-10:35am BODYCOMBAT™ (A)	11:35am-12:35pm BODYSTEP™ (A)
<b>P</b> 10:40-11:20am Stretch (B)	10:40-11:20am Balance Fitness [S] (B)	<b>P</b> 10:40-11:20am Stretch (B)		<b>P</b> 10:40-11:20am Stretch (B)	10:45am-12:00pm BODYPUMP/STEP™ Interval (A)	12:00-12:30pm Cycle 30 [S] (M)
	<b>P</b> 10:50-11:50am Pump Lite (A)		<b>P</b> 10:50-11:50am Pump Lite (A)	10:40-11:10am CXWORX™ (A)		12:35-1:05pm Core [S] (B)
<b>P</b> 11:30am- 12:15pm Lite-n-Lively (B)		<b>P</b> 11:30am- 12:15pm Lite-n-Lively (B)		<b>P</b> 11:15am- 12:15pm Lite-n- Lively Plus (A)		1:15-2:15pm BODYFLOW™ (B)
12:15-1:00pm Cycle EX (M)		12:15-1:00pm Cycle EX (M)	12:15-1:30pm Cycle/Yoga (M/B)	12:15-1:00pm Cycle EX (M)		2:15-2:30pm BODYPUMP™ Basics (A)
12:25-1:25pm BODYPUMP™ (A)	12:15-1:00pm Athletic Cond. EX [S] (A)	<b>P</b> 1:45-2:45pm Chair Fit (B)		12:25-1:25pm BODYPUMP™ (A)		2:30-3:30pm BODYPUMP™ (A)
3:30-4:15PM Barre Strength EX (B)			<b>P</b> 3:00-3:45pm Balance Foundations (B)		3:00-4:00pm Cardio Jam (A)	<b>P</b> 3:00-4:00pm Barre Foundations (B)
4:25-5:25pm Athletic Conditioning (A)	4:25-5:25pm BODYPUMP™ (A)	4:25-5:25pm BODYSTEP™ (A)	4:25-5:25pm BODYPUMP™ (A)	4:25-5:25pm Athletic Conditioning (A)		<b>P</b> 3:45-4:45pm ZUMBA® (A)
5:30-6:30pm BODYPUMP™ (A)	5:30-6:30pm BODYSTEP™ (A)	5:30-6:30pm Athletic Conditioning (A)	5:30-6:00pm CXWORX™ (A)	5:30-6:30pm BODYPUMP™ (A)		
5:40-6:25pm Kettlebell EX (B)		5:30-6:30pm Barre Strength Plus (B)	5:40-6:25pm BODYCOMBAT™ EX [S] (B)	5:30-6:00pm Cycle 30 [S] (M)		
5:45-6:45pm Cycle (M)	6:35-7:05pm CXWORX™ (A)	<b>P</b> 5:45-6:30pm Simply Cycle (M)	5:45-6:45pm Cycle (M)	<p><b>Youth classes</b></p> <p>Youth classes are also available at Albemarle Square. Check in the Kids Zone or at <a href="http://acac.com">acac.com</a> for current class information.</p>		
<b>P</b> 6:35-7:35pm ZUMBA® (A)	<b>P</b> 7:10-8:00pm ZUMBA® (A)	6:35-7:35pm BODYPUMP® (A)	6:05-6:45pm Cardio Jam EX (A)			
6:35-7:20pm Kick-n-Cardio EX (B)	<p><b>INCLEMENT WEATHER POLICY</b></p> <p>In the event of inclement weather, check the online group exercise schedule to confirm which classes are operating on a regular schedule. Any changes to facility hours will also be noted on the website at <a href="http://acac.com/charlottesville">acac.com/charlottesville</a>.</p>					

- (A) Group Exercise Studio A
  - (B) Group Exercise Studio B
  - (M) Mezzanine
- 
-  Welcoming beginners
  -  Moderate to advanced
  -  New class
  -  Youth friendly (9-12 w/parent)
  -  Advance sign-up required
  -  p.r.e.p.-friendly class
  - EX Express class  
*A 30 to 45 min. version of a longer class*

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

[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule. Check [acac.com](http://acac.com) for the most up-to-date schedule.

# MIND BODY | acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>p</b> 6:00-7:00am Hatha Yoga I/II (C)		6:00-7:00am Hatha Yoga II (C)			
7:15-8:15am Hatha Yoga II (C)	7:15-8:15am Vinyasa Yoga II (C)	7:15-8:15am Hatha Yoga II (C)	7:15-8:15am Vinyasa Yoga II (C)	7:15-8:15am Hatha Yoga II (C)	7:45-8:45am Hatha Yoga I/II (C)	
	<b>p</b> 8:00-9:00am Qigong (A)		8:00-9:00am Cheng-Ming Hsing-I (A)			9:00-10:10am Hatha Yoga I/II (C)
	<b>p</b> 8:40-9:40am Nia® (G)	<b>p</b> 9:00-10:00am Chair Yoga (A)	<b>p</b> 8:40-9:40am Nia® (G)	<b>p</b> 9:00-10:10am Nia® (A)	<b>p</b> 9:00-10:10am Nia® (A)	10:00-11:00am Pilates Group Reformer Principles [S] (P)
9:30-10:30am Pilates Group Reformer (P)	<b>p</b> 9:00-10:00am Cheng-Ming Tai Chi (A)		<b>p</b> 9:00-10:00am Cheng-Ming Tai Chi (A)	9:15-10:45am Ashtanga Vinyasa Yoga II (C)	9:00-10:00am Vinyasa Yoga II (C)	10:30am-12:00pm Ashtanga Vinyasa Yoga II/III (C)
9:15-10:45am Vinyasa Yoga II (C)	9:00-10:00am Hatha Yoga I (C)	9:15-10:45am Vinyasa Yoga II Ashtanga Improv (C)	<b>p</b> 9:00-10:00am Hatha Yoga I: Intro (C)	9:30-10:30am Pilates Group Reformer (P)		12:30-1:25pm Pilates Group Reformer (P)
<b>p</b> 10:45-11:30am Mat Pilates Principles (A)	10:15-11:30am Hatha Yoga II (C)	9:30-10:30am Pilates Group Reformer (P)	10:15-11:30am Hatha Yoga II (C)		10:15-11:15am Hatha Yoga II (C)	<b>p</b> 12:30-1:30pm Hatha Yoga I: Easy Does It (C)
<b>p</b> 11:00am- 12:00pm Meditation (C)		12:15-1:15pm Mat Pilates (A)	<b>p</b> 11:00am- 12:00pm Alexander Technique (A)		<b>p</b> 10:30-11:45am Hatha Yoga I: Intro (A)	<b>p</b> 1:45-3:00pm Hatha Yoga I/II (C)
		<b>p</b> 12:15-1:15pm Hatha Yoga I: Easy Does It (C)	12:15-1:15pm Vinyasa Yoga II/III (C)		11:00am-12:00pm Pilates Group Reformer Principles (P)	<b>p</b> 1:45-3:00pm Restorative Yoga (A)
12:15-1:15pm Hatha Yoga II (C)	12:15-1:15pm Pilates Group Reformer (P)	12:15-1:15pm Pilates Group Reformer (P)	12:15-1:15pm Pilates Group Reformer (P)	<b>p</b> 12:15-1:15pm Chair Yoga (A)	11:30am-12:45pm Vinyasa Yoga II (C)	3:15-4:30pm Vinyasa Yoga II/III (C)
12:15-1:15pm Mat Pilates w/ Props (A)	12:15-1:15pm Vinyasa Yoga II (C)		12:15-1:15pm Yin Yoga (A)	12:15-1:15pm Hatha Yoga II (C)	12:15-1:15pm Pilates Group Reformer (P)	<b>p</b> 3:15-4:30pm Nia® (A)
	<b>p</b> 1:05-1:55am Mat Pilates Principles (A)	<b>p</b> 1:30-3:00pm Kundalini Yoga (C)		<b>p</b> 3:00-4:15pm Hatha Yoga I: Gentle (C)	1:00-2:00pm Mat Pilates [S] (A)	5:00-6:15pm Yin Yoga (C)
4:00-5:15pm Yoga for New Moms (A)		4:15-5:15pm Vinyasa Yoga II/III (C)	4:15-5:15pm Vinyasa Yoga II (C)			
4:15-5:15pm Vinyasa Yoga II (C)	4:15-5:15pm Vinyasa Yoga II (C)	4:30-5:30pm Hatha Yoga II (A)		4:30-5:30pm Hatha Yoga II (C)		
		5:30-6:45pm Vinyasa Yoga II (C)	<b>p</b> 5:30-6:45pm Hatha Yoga I/II w/ Alex. Tech. (C)			
5:30-6:45pm Vinyasa Yoga II (C)	4:30-5:30pm Karate: Youth All Ranks Class (CS)	<b>p</b> 5:45-6:45pm Nia® (A)	<b>p</b> 5:30-6:45pm Hatha Yoga/Intro (A)			
5:30-6:30pm Pilates Group Reformer (P)	5:30-7:00pm Yin Yoga (C)			5:45-7:00pm Vinyasa Yoga II (C)		
5:30-6:45pm Prenatal Yoga (A)	5:30-6:45pm Prenatal Yoga (A)	7:00-8:00pm Hatha Yoga II (C)		5:45-7:00pm Nia® (A)		
7:00-7:50pm Mat Pilates (A)		<b>p</b> 7:15-8:15pm Karate: All Ranks Class (A)	7:00-7:50pm Mat Pilates w/ Props (A)			
7:00-8:15pm Yin Yoga (C)	7:15-8:30pm Vinyasa Yoga II (C)		<b>p</b> 7:15-8:15pm Hatha Yoga I (C)			
		8:15-9:15pm Karate: Advanced Class (A)				

(A) Mind Body Studio A  
 (C) Mind Body Studio C  
 (CS) Cycle Studio  
 (G) Group Exercise Studio  
 (P) Pilates Studio

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Welcoming beginners  
 Moderate to advanced  
 New class  
 Youth class  
 Youth friendly (9-12 w/parent)  
 Advance sign-up required  
**p** p.r.e.p.-friendly class  
 Instructor pre-approval required before participation  
*See Member Services for details.*

**PILATES GROUP REFORMER**  
**Procedure for registering for & cancelling classes**  
 Sign-up for all Group Reformer Pilates class spaces is booked online on **acac.com**. Online reservations start 25 hours in advance of the class start time, and close one hour before class begins.

Mind Body classes are included with your **acac** membership!

[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule. Check **acac.com** for the most up-to-date schedule.

# MIND BODY

# acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>P</b> 9:00-10:00am Hatha Yoga I: Gentle (MB)	9:00-10:30am Vinyasa Yoga II Ashtanga Improv (MB)	<b>P</b> 9:00-10:00am Hatha Yoga I/II (MB)	9:00-10:30am Ashtanga Vinyasa Yoga II (MB)	9:00-10:00am Hatha Yoga I/II (MB)	<b>P</b> 8:00-9:15am Hatha Yoga I/II (MB)	<b>P</b> 9:00-10:30am Hatha Yoga I/II (MB)
9:00-10:00am Painfree Posture (B)	9:00-10:00am Pilates Group Reformer (P)		9:00-10:00am Pilates Group Reformer (P)	9:00-10:00am Mat Pilates with Props (B)	9:30-10:45am Vinyasa Yoga I/II (MB)	9:00-10:30am Karate & Kendo Advanced Class (B)
10:15-11:15am Hatha Yoga II (MB)		10:15-11:15am Vinyasa Yoga I/II (MB)		10:00-11:00am Pilates Group Reformer (P)	10:45-11:45am Pilates Group Reformer (P)	<b>P</b> 10:30am-12:00pm Karate & Kendo: All Ranks Class (B)
<b>P</b> 10:45am- 12:00pm Nia® (A)		<b>P</b> 11:00am- 12:15pm Nia® (A)		<b>P</b> 10:15-11:15am Hatha Yoga I: Gentle (MB)	<b>P</b> 11:00am- 12:00pm Qigong (B)	10:45-11:45am Vinyasa Yoga I/II (MB)
		<b>P</b> 11:30am- 12:15pm Mat Pilates Principles (MB)		11:00am-12:00pm Pilates Group Reformer Principles (P)	<b>P</b> 11:15am- 12:30pm Hatha Yoga II (MB)	
	<b>P</b> 11:00am- 12:00pm Chair Yoga (MB)	11:30am-12:30pm Pilates Group Reformer (P)	<b>P</b> 11:00am- 12:00pm Chair Yoga (MB)	<b>P</b> 11:25am- 12:25pm Nia® (B)	<b>P</b> 12:30-12:45pm Nia®/Intro (A)	12:00-1:15pm Prenatal Yoga (MB)
12:15-1:30pm Yin Yoga (MB)	<b>P</b> 12:15-1:15pm Hatha Yoga/Intro (MB)	12:30-1:30pm Mat Pilates (MB)	12:15-1:15pm Hatha I/II (MB)	<b>P</b> 11:30am- 12:30pm Alexander Tech. (MB)	<b>P</b> 12:45-1:45pm Nia® (A)	<b>P</b> 12:45-1:45pm Nia® (A)
12:30-1:00pm Tai Chi: Push Hands (B)		12:30-1:00pm Tai Chi: Push Hands (B)		12:30-1:00pm Tai Chi: Push Hands (B)		<b>P</b> 2:00-3:00pm SharQui® Belly Dance (MB)
1:05-1:35pm Tai Chi: Yang Short Form (B)		1:05-1:35pm Tai Chi: Yang Short Form (B)	<b>P</b> 1:30-2:30pm Addressing Pain w/ Alex. Tech. (MB)	12:45-1:45pm Mat Pilates (MB)		<b>P</b> 3:30-5:00pm Restorative Yoga (MB)
<b>P</b> 1:40-2:40pm Tai Chi: Movements (A)		<b>P</b> 1:40-2:40pm Tai Chi: Movements (A)	<b>P</b> 4:30-5:30pm Hatha Yoga I/II (MB)	1:05-1:35pm Tai Chi: Yang Short Form (B)		
4:30-5:30pm Hatha Yoga II (MB)	<b>P</b> 4:30-5:30pm Hatha Yoga I/II (MB)	4:30-5:30pm Vinyasa Yoga II (MB)	6:00-7:00pm Pilates Group Reformer (P)	<b>P</b> 1:40-2:40pm Tai Chi: Movements (A)		
4:40-5:30pm Mat Pilates with Props (B)	<b>P</b> 5:35-6:35pm Nia® (B)		6:00-7:15pm Vinyasa Yoga II (MB)	5:30-6:30pm Karate: Youth All Ranks Class (B)		
<b>P</b> 6:00-7:30pm Hatha Yoga I: Gentle (MB)	6:00-7:15pm Vinyasa Yoga I/II (MB)	<b>P</b> 6:00-7:15pm Yin Yoga (MB)	<b>P</b> 6:30-7:30pm Nia® (B)	6:00-6:45pm BODYFLOW™ (MB)		
	<b>P</b> 6:45-8:15pm Karate & Kendo: All Ranks Class (B)	6:30-7:30pm Pilates Group Reformer (P)	6:45-8:15pm Kendo: All Ranks Class (A)	6:30-7:45pm Karate: Advanced Class (B)		
		6:45-7:45pm Mat Pilates w/ Props (B)	7:30-8:30pm Meditation/Yoga Nidra (MB)	6:30-7:45pm Kendo: Advanced Class (A)		
	8:15-9:15pm Karate & Kendo: Advanced Class (B)		8:15-9:15pm Kendo: Advanced Class (A)			

- (A) Group Exercise Studio A
- (B) Group Exercise Studio B
- (MB) Mind Body Studio
- (P) Pilates Studio

- Welcoming beginners
- Moderate to advanced
- New class
- Youth class
- Youth friendly (9-12 w/parent)
- Advance sign-up required
- p.r.e.p.-friendly class
- Instructor pre-approval required before participation  
*See Member Services for details.*

# ALL CLASSES

# acac CROZET



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:30am Core [S]	7:15-8:15am Vinyasa Yoga I/II	8:45-10:00am Vinyasa Yoga I/II	8:25-9:25am Be Moved			
8:30-9:15am Tabata 45	9:30-10:30am Athletic Cond.	10:05-11:05am Strength Circuit	9:30-10:30am Athletic Cond.	<b>P</b> 8:45-10:00am Hatha Yoga I/II	9:00-10:00am Athletic Cond.	
<b>P</b> 9:30-11:00am Hatha Yoga II	<b>P</b> 10:35-11:20am Stretch/Balance	<b>P</b> 11:15am-12:15pm Pump Lite	<b>P</b> 10:35-11:05am Balance Fitness	11:15am-12:15pm Strength Circuit [S]	10:15-11:30am Vinyasa Yoga II	
11:15am-12:15pm Pump Lite	4:30-5:30pm Intro to Yin Yoga [S]	4:30-5:15pm Barre Strength EX [S]		10:05-11:05am Barre Strength		
4:30-5:15pm Cardio Sculpt [S]	5:45-6:30pm Tabata 45	5:45-7:00pm Vinyasa Yoga II	5:45-7:00pm Hatha Yoga I/II			

[S] SEASONAL CLASS: Seasonal classes may not be offered for the full date range of the schedule. Check [acac.com](http://acac.com) for the most up-to-date schedule.

# AQUATIC EXERCISE | acac DOWNTOWN




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15am WATERinMOTION® (A)	9:30-10:15am Deep Waves EX (A)	9:30-10:15am Aqua Energy EX (A)	9:15-10:15am Deep Waves (A)	9:30-10:15am Aqua Energy EX (A)	8:30-9:30am WATERinMOTION® (A)	
10:20-11:05am Aqua Strength (WW)	10:20-11:05am Baby & Me (WW)	10:20-11:05am Aqua Strength (WW)		10:20-11:05am Aqua Strength (WW)	Aquatic Exercise classes are included with your acac membership!	
11:10-12:00pm Aqua Yoga (WW)	11:10am-12:00pm Arthritis Plus (WW)	11:10am-12:00pm Aqua Yoga (WW)		11:10-11:55am Arthritis Plus (WW)		
	12:05-12:50pm Deep Waves EX (A)		12:05-12:50pm Deep Waves EX (A)		Please note: These schedules list aquatics classes only. Please see Member Services or acac.com for the Pool Usage Schedule.	
6:00-6:45pm WATERinMOTION® EX (A)			6:00-6:45pm Prenatal Water Exercise (A)			

# AQUATIC EXERCISE | acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:00am Deep Aqua Bata EX (A)		6:15-7:00am Deep Waves EX (A)		6:00-6:30am Deep Waves EX (A)	8:30-9:15am Deep Waves EX (A)	9:00-9:45am Aqua Strength (WW)
9:00-10:00am Aqua Energy (A)	9:00-10:00am Deep Waves (A)	9:00-10:00am Aqua Energy Interval (A)	9:00-10:00am Deep Waves (A)	6:30-7:00am Aqua Power (A)	9:30-10:15am WATERinMOTION®/ Aqua En. Int. EX (A)	10:00-11:00am Deep Intervals (A)
	10:15-11:15am Senior Aquatics (A)		10:15-11:15am Senior Aquatics (A)	9:00-10:00am WATERinMOTION® (A)		
10:20-11:00am Aqua Strength (WW)	10:20-11:00am Aqua Strength (WW)	10:20-11:00am Aqua Yoga (WW)	10:20-11:00am Aqua Strength (WW)	10:20-11:00am Aqua Strength (WW)		
11:05-11:50am Arthritis Plus (WW)	11:05-11:50am Aqua Barre (WW)	11:05-11:50am Arthritis Plus (WW)	11:20am-12:00pm Fibromyalgia Exercise (WW)	11:00am-12:00pm Senior Aquatics (A)		
12:15-1:00pm Deep Waves EX (A)	12:15-1:00pm Aqua Fusion EX (A)	12:15-1:00pm Deep Aqua Bata Intervals EX (A)	12:15-1:00pm Prenatal Water Exercise (A)	11:05-11:50am Arthritis Plus (WW)		
1:15-2:15pm Senior Aquatics (A)		1:15-2:15pm Senior Aquatics (A)		12:15-1:00pm Deep Waves EX (A)		
5:30-6:15pm Deep Intervals EX (A)	5:30-6:30pm Aqua Fusion (A)		5:30-6:30pm Aqua Fusion (A)			
6:30-7:15pm Fibromyalgia Exercise (WW)	 <b>All Aquatic Exercise classes are p.r.e.p.-friendly!</b> 					

(A) Activity Pool  
(WW) Warm Water Pool

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 Welcoming beginners  
 New class  
 Youth friendly (9-12 w/parent)

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EX Express class  
A 30 to 45 minute version of a longer class

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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

Aqua Barre	A workout using ballet-inspired Barre exercises, balance and Aqua Yoga poses to strengthen and tone the entire body.
Aqua Energy Aqua Energy Interval	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 Energy Interval uses intervals to improve cardiovascular performance and add a new level of conditioning.
Aqua Fusion	A blended challenge of strength and cardio using water resistance as well drag and buoy equipment. Participants can choose deep or shallow water.
Aqua Strength	Use the unique properties of water and resistance equipment to strengthen and tone your entire body.
Aqua Power	A full body strength and core class in shallow water that uses water resistance, buoys or drag equipment. For all levels, including non-swimmers.
Aqua Yoga	Traditional yoga techniques in the warm water pool to gently develop flexibility, strength and balance.
Arthritis Plus	Exercises designed to promote functional endurance and musculoskeletal flexibility and strength.
Baby & Me	Warm-water exercise class for parents and babies incorporating cardiovascular, strength, and flexibility movements. Free with Family Membership. \$5 for Individual Membership.
Deep Aqua Bata	Tabata intervals of 20 second bursts of intense activity followed by 10 seconds of rest will improve muscular/ cardiorespiratory endurance, metabolic rate and body composition.
Deep Intervals	A cardiovascular conditioning class using floatation belts to improve cardiovascular performance.
Deep Waves	Cardiovascular conditioning, combined with core and total body resistance training for a whole body workout with little to no impact on your joints. Floatation belts are used.
Fibromyalgia Exercise	A safe way to strengthen muscles and increase flexibility for those with fibromyalgia and chronic fatigue syndrome.
Prenatal Water Exercise	Customized to meet the needs of expectant moms.
Senior Aquatics	A thorough workout and great social experience consisting of cardio, strength and core movements. Co-sponsored by the Senior Center.
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

Group Exercise
Mind Body
Arrive early to allow time to set up equipment.
Sign-up required prior to class.
Youth Class

Class Name	Class Description
ABConditioning	Ages 2 and up. Fun movement coordinated with letters of the alphabet.
Addressing Pain with Alexander Technique	This class will use experiential anatomy lessons to illuminate how to change habits and ease back pain. There will be light hands-on work with instructor Jen Kelly, who is an AmSAT certified Alexander teacher.
Afri-Cardio	Similar to other fusion styles of dance and great for NON-dancers, this high-cardio, low-impact class uses uplifting, rhythmic music to get you moving and sweating!
Afterburn	Continue to burn calories long after this performance-based class that is two parts cardio, one part strength. Maximize your workout and monitor your results in this unique indoor/outdoor class for those ready to push their limits.
Alexander Technique	Learn to organize natural movement around a free neck and spine. Helpful for relief of pain and other chronic problems and for improvement of any workout or daily task.
Ashtanga Vinyasa Yoga	A precise interlinking of power yoga postures, creating a continuous flow of movement and deep breathing. The foundation of all Vinyasa Yoga classes.
Athletic Conditioning: Athletic Cond. Plyo Max	Challenging cardio and strength class using body weight exercises and equipment to push you to the next level. <b>Plyo Max:</b> Body weight cardio challenges to push your heart rate to its max.
Barre Foundations Barre Strength Barre Strength Plus	Create long, lean muscles using the barre for stability, stretching and resistance work with the use of light weights. <b>Barre Strength Plus</b> adds more power strength exercises and equipment for an even greater challenge. A <b>Barre Foundations</b> class for beginners at all levels is also offered.
Balance Fitness	This class includes a mixture of stretching and balance exercises.
Balance Foundations Balance Challenge	Improve balance, increase core strength and reduce the fear of falling. The <b>Foundations</b> class is for those new to exercise. Participants cannot rely on canes or walkers. The <b>Challenge</b> class offers intermediate to advanced exercises.
Belly Dance	Learn to isolate your muscles and tone your entire body with Belly Dance.
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.
BODYJAM™	A fun and addictive fusion of the latest dance styles, including hip hop and Latin, set to the hottest sounds.
BODYPUMP™ BODYPUMP™ Basics	This barbell class strengthens all major muscles in a motivating group environment. Learn fundamentals on form and technique in <b>BODYPUMP™ Basics</b> , Sun. 2:15pm at Albemarle Square before the 2:30pm <b>BODYPUMP™</b> class.
BODYSTEP™ BODYSTEP™ Basics	Using the step in many positions and heights, this cardio class strengthens and shapes the lower body. Learn fundamentals on form and technique in <b>BODYSTEP™ Basics</b> , Wed. 11:50am Downtown before the 12:10pm <b>BODYSTEP™ EX</b> class.
BODYPUMP/STEP™ Interval	Intervals of <b>BODYPUMP™</b> and <b>BODYSTEP™</b> for one great workout.
Boxing Fitness	A boxing class using bags, gloves, and focus mitts. Impact optional, hand wraps (avail. in Logo Shop) are required. <i>Come early to learn proper wrist and hand wrapping.</i>
Cardio Jam	A high-energy, traditional floor aerobics class. Great for those who like to dance.
Chair Fit	An effective alternative to conventional exercise if you cannot stand for prolonged periods of time. This class can help you build strength, cardiovascular endurance, flexibility, balance and improve core strength.
Chair Yoga	Traditional Hatha Yoga poses done with the assistance of a chair. No need to get up and down from the floor.
Cheng Ming Tai Chi	Beginners learn a 14-step form that combines three internal martial art styles, T'ai Chi, Hsing-I and Ba Gua. Advanced students learn various exercises and martial arts applications using the 14-step to deepen the form.
Cheng Ming Hsing-I	Cultivates "explosive", "charging", or "fast" chi compared to the "slow" chi of Tai Chi Chuan. Training Hsing-I Chuan makes the chi circulate faster in the body than possible from practicing Tai Chi Chuan alone.
ChoreoStep	Challenging and creative step choreography to build your cardiovascular fitness. Beginning steppers are encouraged to try <b>BODYSTEP™</b> first to learn step choreography basics.
CIZE™ LIVE	CIZE™ LIVE is professional dance for everyday people; choreographed routines are broken down step-by-step. So fun, you'll forget you're working out, whether you're a beginner or experienced.
Core	Work your abdominals, obliques, and lower back using a variety of equipment.
CXWORX™	The ultimate way to get a tight and toned core. Dynamic training hones in on your abs, glutes, back and obliques.
Cycle	This non-impact class is a great cardio and strength workout. Please bring headphones ( <i>Alb. Square classes only</i> ).
Cycle/Core	A 40-minute cycle class followed by 15 minutes of core work.
Cycle Fusion	This class combines cardio, strength, and sports conditioning and may also include a cycle segment.
Cycle Grooves	This music-driven class is for anyone looking to be inspired to exercise, putting the "fun" back in fitness. All levels.
Cycle/Stretch	A 45-50 min cycle followed by an extended athletic stretch for recovery and performance.
Dance Conditioning	This class combines dance-inspired exercises and movements with Pilates-influenced techniques for a full body workout that's fun and effective.
Dance Fitness	Ages 2 and up. Dance to classic nursery rhymes.
Dance Fusion	A dance-inspired workout that's great exercise but feels more like a dance party. Cardio and toning elements are "fused" into easy-to-follow dance moves set to your favorite songs!
Dance Party	Enjoy different dance formats rotating each month. Includes favorites like Zumba®, CIZE™ LIVE, and Dance Fusion.
Fitness Fundamentals	A class for those just beginning or re-introducing themselves to exercise. Includes proper warm-up, weight training and stretching in a challenging yet supportive environment with an emphasis on form, technique and safety.

Hatha Yoga Beginners Easy Does It Gentle Hatha and Yin Intro	Develop balance, strength, flexibility, and breath control in held postures with this alignment-based class. I Learn and practice correct alignment and breathing in basic yoga postures. I/II For students who have attended Level I classes and are ready for a more advanced beginner class with introduction to additional postures. II More advanced postures and sequences are introduced requiring more strength, stamina, and flexibility. II/III Students should be familiar with intermediate yoga postures, including inversions and backbends. <b>Beginners:</b> A level I class that explores the fundamentals of the practice and is welcoming to those new to the practice. A perfect compliment to Hatha Yoga I: Intro <b>Easy Does It</b> A slower-paced, more relaxing yoga experience. <b>Gentle</b> Removes more stress from the joints. <b>Hatha and Yin:</b> Combines a slow flow Hatha class with deep stretching Yin postures. Good for all levels. <b>Intro</b> Basic yoga poses designed to balance the body's strength and flexibility.
H.I.I.T. 30 or 45	30 or 45 minutes of high-intensity interval training. A total body, heart pumping, aerobic and strength conditioning workout. Modifications for different fitness levels provided.
Karate	Learn and practice formalities, stances, and technique through kata, mat work and sparring.
Kettlebell	Use kettlebell strength training instruments to build core strength with a focus on posterior muscle groups. <i>Advanced sign-up for Albemarle Square classes only.</i>
Kendo	Learn and practice traditional Samurai sword techniques, sword etiquette, partner exercises, and sparring.
Kick-n-Cardio	This high-intensity workout combines aerobics, boxing, and martial arts.
Kundalini Yoga	Raise your natural energy with a series of postures, mantra/chanting, deep relaxation, meditation and breathwork in the tradition of Yogi Bhagan PhD.
Lite-n-Lively Lite-n-Lively Plus	A low-impact, moderate-intensity cardiovascular workout. <b>Lite-n-Lively Plus</b> has a strength portion in addition to the cardiovascular workout.
Mat Pilates Mat Pilates Principles Mat Pilates with Props	Mat-based Pilates focuses on strength, core stability, and coordination and is adaptable for participants at a variety of skill levels. <b>Mat Pilates Principles</b> (Mon. 10:45am and Tue. 1:05pm Downtown and Wed. 11:30am at Albemarle Square) covers the principles for safe, effective exercise. <b>Mat Pilates with Props</b> uses balls, rings and foam rollers, which provide assistance or add a challenge.
Meditation	Feel relaxed, peaceful, focused, and develop more inner awareness.
Meditation: Yoga Nidra	A deeply relaxing form of meditation that can be done sitting or reclining. Yoga Nidra means "yogic sleep."
Metabolic Melt	Cardio, strength and core interval class using body weight, kettle bells, weights and resistance bands for a maximum calorie burn, using every muscle in the body! Melt it away!
Nia®, Nia®/Intro Nia® Jam	Nia® is a holistic workout that is both energizing and relaxing. Nia® uses a wide variety of movements to achieve fitness, balance, and well-being. New to Nia®? Try the Intro class Sat. 12:30pm at Albemarle Square.
Painfree Posture	Improve your posture, balance and function. Experience these simple yet profound corrective, strengthening exercises and gentle stretches. Learn how to eliminate the imbalances and deviations of your body.
Pilates Group Reformer Principles	Learn the 5 basic principles of the Pilates reformer (spring-loaded resistance, pulleys and sliding carriage apparatus). This class is attended until approval is given by the instructor to advance. Sat. 11:00am Downtown and Fri. 11:00am at Albemarle Square.
Pilates Gr. Reformer	Mastery of Pilates Group Reformer Principles skills is a pre-requisite. Instructor permission required.
Prenatal Yoga	Mothers-to-be in their 2nd and 3rd trimesters learn gentle yoga postures and breathing techniques.
Pump Lite	Use a variety of equipment, with moderate intensity or less, to increase muscular strength and endurance.
Qigong	Performed sitting or standing, this ancient Chinese series of movements and breathing techniques increase energy flow in body and mind.
Restorative Yoga	Restful postures with the support of props gently stretch the body, allowing for deep rest and relaxation.
R.I.P.P.E.D.™	Total body "plateau proof fitness formula" workout utilizing resistance and cardio training. This class combines Resistance, Interval, Power, Plyometrics, Endurance and Diet components to get you fit.
SharQui® Bellydance	SharQui® Bellydance is a fun, low-impact, high-energy workout designed for all fitness levels. It combines the beautiful, expressive, and empowering art of Middle Eastern dance with a true cardiovascular workout. In this class you will learn to isolate and strengthen your entire body.
Simply Cycle	Learn simple steps to successful indoor cycling in this 45 minute, beginner to intermediate friendly class.
Stretch Stretch/Balance	A gentle, effective stretching class. <b>Stretch/Balance</b> incorporates balance exercises.
Tabata 30 or 45	A timed interval-based class that combines cardio, strength, and core power segments followed by a brief recovery for a quick and efficient total body workout in just 30 or 45 min.
T'ai Chi Push Hands	Gentle two-person exercises teach students how to sense and yield to the movements of their partners and to use Taiji movements to counter attacks and gain advantageous position. Some Taiji experience recommended.
T'ai Chi (Taiji) Movements	Learn and practice gentle movements to improve balance, mind-muscle control and breathing. For beginners and experienced practitioners.
T'ai Chi (Taiji) Yang Short Form	Once you have learned individual Taiji movements, learn the 24-Step form, the most widely practiced sequence of Taiji movements in the world.
Vinyasa Yoga	Vinyasa style practice emphasizes a continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a quick pace, so some prior Yoga experience is helpful. I Familiarity with basic poses and sun salutations encouraged. I/II The pace of the class may increase and additional poses or variations introduced. II Intermediate Vinyasa practice. Arm balances and inversions may be presented. II/III A more challenging version of the practice that may introduce pranayama and mediation.
Vinyasa Yoga: Ashtanga Improv	Variations on the Ashtanga Yoga sequence with more options for various postures. Slightly less vigorous than Ashtanga Yoga.
Yoga for New Moms	This postpartum workshop will address the specific physical and emotional needs unique to new moms. Babies from newborn to crawling are welcome to join, or come by yourself if you need a break.
Youth Fitness	Ages 5 and up. A fun group workout led by <b>acac's</b> Personal Trainers that includes a dynamic warmup, obstacle courses, balance challenges, core work, body weight strength training, plyometrics, speed and agility drills, cool down and stretching, and other fun surprises.
Youth Yoga	Ages 5 and up. Age-appropriate yoga poses with a certified instructor.
Yin Yoga	Passive poses subtly open the body for more flexibility and energy flow while promoting a calm mind.
ZUMBA®	Learn elements of salsa, merengue, flamenco and other latin dances and feel like you're out on the town!