



Group Class Schedule

June 1 - August 31, 2017

Group Exercise

Mind Body

Aquatic Exercise

Class Descriptions

Timonium

110 West Timonium Road
Timonium, MD 21093
phone 410-453-9111

Hunt Valley




11212 McCormick Road
Hunt Valley, MD 21031
phone 410-584-7888

acac.com

GROUP EXERCISE | acac Timonium

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|---|--|
| 6:00-6:45am Cycle 45 (C) P | 6:00-6:45am Shockwaves (BB) | | 6:00-6:45am Shockwaves (BB) | 6:00-6:45am BODYPUMP™ Express (BB) | 7:00-7:50am BODYPUMP™ (BB) | |
| | 6:00-6:50am Barre Conditioning (D) | 5:45-6:30am Cycle 45 (C) P | | 6:00-7:00am Cycle Core (C) | 7:30-8:15am Cycle 45 (C) | 8:00-8:45am Cycle 45 (C) |
| | 6:45-7:30am Cycle 45 (C) P | | 6:45-7:30am Cycle 45 (C) | | 8:00-8:50am Shockwaves (BB) | 8:00-8:50am INSANITY® (BB) |
| 8:30-9:25am Boot Camp (BB) | 8:30-9:15am BODYPUMP™ Express (BB) | 8:30-9:25am Athletic Body Step (BB) | 8:30-9:25am H.I.I.T. (BB) | 8:30-9:25am Just Step (BB) | 8:30-9:30am Barre Conditioning (D) | |
| | 8:30-9:30am Rhythm Ride (C) | | 8:30-9:15am Cycle 45 (C) | 9:30-10:30am INSANITY® (BB) | 9:00-9:50am Body Combat (BB) | 9:00-9:55am BODYPUMP™ (BB) |
| 9:30-10:30am Zumba® (BB) | 9:30-10:20am Barre Conditioning (D) | 9:30-10:25am Zumba® (BB) | 9:30-10:20am Barre Conditioning (B Ball) | | | |
| 9:30-10:30am Cycle 60 (C) | 9:30-10:30am Step & Sculpt (BB) | 9:30-10:30am Cycle 60 (C) | | 9:30-10:30am Cycle 60 (C) | | |
| | 9:30-10:15am Run or Ride (treadmills or bikes) | | | | 10:00-11:15am Step, Sculpt, & Core (BB) | 10:00-10:55am Step & Sculpt (BB) |
| 10:35-11:35am Barre Conditioning (D) | | 10:35-11:35am Barre Conditioning (BB) | | 10:35-11:35am Barre Conditioning (D) | 10:30-11:15am Cycle 45 (C) | 10:00-10:45am Cycle 45 (C) |
| | 10:45-11:45am Strong & Stable (BB) P | | 10:45-11:45am Strong & Stable (BB) P | 10:45-11:45am BODYPUMP™ (BB) | 11:30am-12:30pm Zumba® (BB) | 11:00-11:50am Rhythm Ride (C) |
| 12:00-1:00pm Zumba® Gold (BB) P | | 12:00-1:00pm Zumba® Gold (BB) P | | 12:00-1:00pm Zumba® Gold (BB) P | | |
| | 12:00-12:45pm Cycle 45 (C) | | | | | |
| 4:30-5:15pm Cycle 45 (C) | 4:30-5:15pm Cycle 45 (C) | 4:30-5:20pm Shockwaves (BB) | 4:30-5:15pm Cycle 45 (C) | | | |
| 5:30-6:15pm INSANITY® (BB) | | 5:30-6:15pm INSANITY® (BB) | | 5:00-5:45pm Cycle 45 (C) | | |
| 5:45-6:30pm Cycle 45 (C) | 5:30-6:30pm Barre Conditioning (D) P | 5:45-6:30pm Cycle 45 (C) P | 5:30-6:30pm Barre Conditioning (BB) | | | |
| | 6:00-6:45pm Shred 45 (BB) | | | | | |
| 6:30-7:30pm BODYPUMP™ (BB) | | 6:30-7:30pm BODYPUMP™ (BB) | 6:00-6:45pm Cycle 45 (C) P | | | |
| | 7:00-8:00pm Zumba® (BB) P | | | | | |

(A) Studio A
 (C) Studio C
 (D) Studio D
 (BB) (Basketball Court)

 New class or class with a change
 p.r.e.p.-friendly
 Youth friendly (9-12 w/parent)

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

MIND BODY | acac Timonium

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|--|
| | 7:00-8:00am Yoga Fusion (MP) P | | | | | |
| | | 8:30-9:20am Mind Body Fusion (D) | | | | 8:45-9:45am Yoga Fusion (D) |
| 9:30-10:30am Yoga Fusion (D) P | 9:15-10:15am Pilates with Props (MP) P | 9:30-10:30am Vinyasa Yoga II-III (D) | 9:15-10:15am Yoga Fusion (D) P | 9:30-10:30am Yoga Fusion (D) | 9:45-10:45am Yoga 101 (D) | 10:30-11:45am Yoga Essentials (MP) P |
| 10:45-11:45am Pilates Interval Training (BB) | 10:30-11:30am Power Yoga (D) | | 10:30-11:30am Power Yoga (D) | | 10:55-11:55am Vinyasa Yoga I-II (D) | 11:00am-12:00pm Power Yoga (D) |
| 12:00-12:50pm Restorative Yoga (D) P | | | 12:00-12:50pm Restorative Yoga (D) P | 12:00-12:55pm Pilates Mat (D) P | | |
| 1:00-2:30pm Hatha Yoga I-II (D) | 1:00-2:00pm Gentle Yoga (D) P | 1:00-2:00pm Vinyasa Yoga I-II (D) | 1:00-1:50pm Tai Chi (D) P | 1:00-2:00pm Hatha Yoga I-II (D) | 12:30-1:30pm Parkinson's Yoga (D) P | |
| 5:30-6:20pm Yoga 101 (D) P | | 6:00-6:50pm Power Pilates Mat (MP) | | | | |
| 6:00-6:50pm Pilates Mat (MP) | | 6:00-7:00pm Yoga Fusion (D) | 6:00-7:00pm Vinyasa Yoga I-II (D) | | | |
| 6:30-7:30pm Vinyasa Yoga I-II (D) P | 6:25-7:25pm Vinyasa Yoga I-II (D) | 7:05-8:05pm Vinyasa Yoga I-II (D) | | | | |

(A) Studio A
(C) Studio C
(D) Studio D
(MP) Multi Purpose Room
(BB) Basketball Court

New class or class with a change
P p.r.e.p.-friendly
 Youth friendly (9-12 w/parent)

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 Hydro Circuit (DM) | 8:00-8:45am Interval Splash (DM) | 8:00-8:45am Aqua Fusion (DM) | 8:00-8:45am Interval Splash (DM) | 8:00-8:45am Hydro Circuit (DM) | 8:30-9:15am Aqua Fusion (DM) | |
| 9:00-9:45am Aqua Zumba® (SM) | 9:00-9:45am Aqua H.I.I.T. (SM) | 9:00-9:45am Hydro Resistance (SM) | 9:00-9:45am Aqua H.I.I.T. (SM) | 9:00-9:45am Aqua Zumba® (SM) | 9:30-10:15am Aqua H.I.I.T. (SM) | |
| 11:00-11:45am Arthritis Plus (LP) | 11:00-11:45am Arthritis Plus (LP) | 11:00-11:45am Arthritis Plus (LP) | 11:00-11:45am Arthritis Plus (LP) | 11:00-11:45am Arthritis Plus (LP) | 11:00-11:45am Warm Wave Intervals (LP) | |
| 12:00-12:45pm Warm Waves (LP) | 12:00-12:45pm Ai Chi (LP) | 12:00-12:45pm Warm Waves (LP) | 12:00-1:00pm Strong & Stable (LP) | 12:00-12:45pm Fluid Core (LP) | | 12:00-12:45pm Ai Chi (LP) |
| | | 2:00-2:45pm Aqua Yoga (LP) | | 2:00-2:45pm Pi-Yo-Chi (LP) | | |
| 6:00-6:45pm Aqua Boot Camp (DM) | | 6:00-6:45pm Aqua Fusion (DM) | | | | |
| | 7:00-7:45pm Aqua Dance Fusion (LP) | | | | | |

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

New class or class with a change
P p.r.e.p.-friendly
 Youth friendly (9-12 w/parent)

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

| | |
|-----------------------|--|
| Barre Conditioning | Combines Pilates, light weight training and barre moves that will work your body from top to bottom. (SB) Active |
| 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. (CC) (SB) Active |
| Bokwa Step & Up | A fun and innovative approach to traditional step in which you draw letters and numbers around and onto the bench. Get your heart rate pumping and cover more ground in this easy-to-follow cardio conditioning class. (CC) (SB) Active |
| Boot Camp | Combine strength and cardio drills for a heart pumping, muscle challenging workout. Various equipment used. (CC) (SB) Active |
| BORN TO MOVE® | This Les Mills class will inspire young people to fall in love with movement and experience the satisfaction and thrill of trying and mastering fundamental skills from disciplines of dance, martial arts, plyometrics, core and yoga. Designed for ages 8-12. (CC) (FX) (SB) Moving |
| Cardio Dance Gold | A fun, choreographed dance class that challenges your brain as well as your body. (CC) (SB) Moving |
| Core Blast | Raise your heart rate and strengthen your core with this boot camp style, core-shredding class. (SB) (CC) Healthy |
| CXWORX™ | Revolutionary core training from Les Mills featuring a mix of isolation exercises that target specific muscles and integrated moves that use two or more muscle groups together. (CC) (SB) Active |
| Cycle (45 or 60 min.) | Climb to new heights and sprint to the finish. Heart rate monitor recommended. (CC) 45 min.: Healthy, 60 min.: Exceptional |
| Cycle Core | Sprint, climb and crunch. (CC) Healthy |
| Rhythm Ride | Prepare to have the most fun filled, high intensity, lean muscle building, indoor cycling experience available. In Rhythm Ride the bike is your dance floor, the music is your motivation, and time flies when you're having fun! Get ready to relieve stress, improve aerobic capacity, and blast fat quickly. (CC) (SB) Active |
| H.I.I.T. | Focus on muscle performance, speed, agility and power with High Intensity Interval Training. (CC) (SB) Healthy |
| 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. (SB) (CC) Exceptional |
| Just Step | Advance your basic step class with stronger choreography and dance components. (CC) Active |
| Run or Ride | Cardio Interval training designed for the treadmills or bike—you decide! Headphones are required for class participation. (CC) (SB) Moving |
| Shred 45 | Prepare to get shredded in this high intensity, no excuses express class. High intervals of cardio to shred fat are paired with intervals of strength training to build lean muscle. (CC) (SB) Active |
| Shockwaves | Shock your system with this power packed boot camp that combines interval training with power bursts. (SB) (CC) Exceptional |
| Step & Sculpt | Mix basic step patterns, intensified with hand weights and strength training for a complete workout. (SB) (CC) (FX) Active |
| Strong & Stable | Focus on both functional and flexible strength exercises while incorporating the basic principles of the barre to improve your overall level of fitness. (SB) Moving |
| Zumba® | Party yourself into shape with this exhilarating, effective, easy-to-follow, Latin-inspired calorie-burning dance fitness party. (CC) Moving |
| 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. (CC) (SB) Moving |
| Zumba® Toning | Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training, dance fitness-party. (CC) (SB) Moving |

MIND BODY CLASS DESCRIPTIONS

| | |
|---------------------------|--|
| Core Transitions | Move out of the water into gravity with fun, weight-bearing movements designed to improve balance, strength, and flexibility. (SB) (RR) (FX) Moving |
| Gentle Yoga | Emphasizes safety through proper alignment in basic postures, breath awareness and relaxation. All levels welcome. (SB) (FX) Moving |
| Hatha Yoga | Connect with the elements of every yoga regime; strength, flexibility, breath, balance, mindfulness and deep relaxation. (SB) (FX) Moving |
| Mind Body Fusion | Bringing together Qi Gong, Yoga, Pilates and meditation, this class stretches your mind, body and soul. (FX) (SB) Moving |
| Parkinson's Yoga | Free yoga class for people with Parkinson's and their care partners. (FX) (SB) Moving |
| Pilates with Props | Challenge your practice incorporating both Pilates mat and equipment workouts. Class is reworked using props and a variety of positions (standing, seated, supine, prone, and side-lying). (SB) (FX) Healthy |
| Pilates Interval Training | Take it to the next level with this intense workout using a variety of props. Combine Pilates moves for muscular balance, strength and flexibility. (SB) (FX) Healthy |
| Pilates Mat | Build a strong core and long lean muscles and increase flexibility in this non-impact class. Pilates Mat Express is a 45-minute class. (B) (FX) Moving |
| Power Pilates Mat | Expand on the principles of Pilates in this powerful and complete core workout. (SB) (FX) Exceptional |
| Restorative Yoga | Each deep breath eases and opens you into traditional Hatha poses held for longer durations. Recharge and revitalize yourself with each practice. (FX) (RR) (SB) Moving |
| Tai Chi | A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. (RR) (SB) At Risk |
| Yoga Core Fusion | Gain mind and body awareness while strengthening your core muscles. (SB) (FX) (RR) Active |
| Vinyasa Yoga | Link a flowing sequence of yoga postures together with a movement and system of breath. Set your intention and reach your personal goal. (SB) (FX) Levels I/II: Active, Level III: Healthy |
| Yoga 101 | Learn the basics of a yoga practice and take the fear out of that quiet, dark room. Increase your flexibility and learn how to let go. (SB) (FX) Moving |
| Yoga Fusion | Enjoy a variety of yoga styles blended to create a relaxed and refreshed yoga experience. (SB) (FX) (RR) Moving |

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. (RR) (SB) (FX) At Risk/Moving |
| Aqua Boot Camp | Take your athletic conditioning class to the water! Participants should be ready for anything from circuits to intervals to using various types of equipment. (CC) (SB) Moving |
| Aqua Dance Fusion | Combine high intensity dance moves and interval combos for a warm water cardio challenge. (CC) (SB) Moving |
| Aqua Fusion | Get ready for this instructor-driven format that will include interval training. (CC) (SB) Moving |
| Aqua H.I.I.T. | Push your limits and maximize results with High Intensity Interval Training that targets fitness components of agility, balance, coordination and speed in addition to cardio capacity. (CC) (SB) Active |
| Aqua Zumba® | Party yourself into shape with this exhilarating, effective, easy-to-follow, Latin-inspired calorie-burning dance fitness party. (CC) (SB) Moving |
| Aqua Yoga | Experience flowing, dynamic and mindful movement with an emphasis on balance, coordination and functional strength. (SB) (FX) Moving |
| Arthritis Plus | Supplement the activities from Basic Arthritis with more intense endurance-building and muscle-strengthening exercises. (SB) (FX) Moving |
| Basic Arthritis | Improve range of motion, muscle strength and endurance with this warm water exercise program. (SB) (FX) At Risk/Moving |
| Hydro Circuit | Increase cardiovascular and muscular endurance with this series of cardio or strength exercises (or both) repeated two or three times with little or no rest between sets. (CC) (SB) Moving |
| Hydro Resistance | Apply fun, force and function to basic arm patterns building progressions for all goals and abilities. Integrate unilateral and bilateral upper body moves and impact variations for core training benefits. (SB) (CC) Moving |
| Interval Splash | Improve aerobic capacity with low to high intensity exercise, interspersed with rest and relief periods. (CC) (SB) Moving |
| 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. (CC) Healthy |
| Pi-Yo-Chi | Focus on form and use the key principles of Pilates to develop efficient movement. Explore aquatic modifications that include wall exercises and unsupported standing techniques. (SB) (FX) Moving |
| Strong & Stable | Improve balance with the support of the water's natural buoyancy. The water's natural resistance is used to strengthen muscles in this warm water class. (SB) Moving |
| Warm Wave Intervals | Improve aerobic capacity with low to high intensity cardio and resistance exercise, interspersed with rest or relief periods. (CC) (SB) Moving |
| Warm Waves | Gain strength, balance, and range of motion with exercises incorporating functional movement. (SB)(FX)(CC) Moving |
| Yoga Essentials | A beginners practice, focusing on the foundations and benefits of basic postures, safe alignment, and breathing. Ending with a portion of restful relaxation and guided meditation. (FX) (RR) (SB) Moving |

ALL CLASSES | acac Hunt Valley

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--------------------------------|---------------------------|--------------------------------|-----------------------------|----------------------------|--------|
| | | | | | 9:00-10:00am Hatha Yoga | |
| 12:00-12:45pm Cycle 45 | 11:30am-12:30pm Pilates Mat | 12:00-12:45pm Cycle 45 | 11:30am-12:30pm Pilates Mat | 12:00-12:45pm Core Blast | | |
| 5:30-6:15pm Cycle 45 | 5:30-6:30pm Core Blast | | 5:30-6:30pm Vinyasa I-II | | | |

Green indicates a new class or class with a change

CLASS TYPES | **CC** Endurance/Cardiovascular Conditioning | **FX** Flexibility | **RR** Rest & Rejuvenation | **SB** Strength & Balance

WELLNESS LEVELS | **1** At Risk/Danger | **2** Moving | **3** Active | **4** Healthy | **5** Exceptional

HUNT VALLEY CLASS DESCRIPTIONS

| | |
|-----------------|--|
| Pilates Mat | Build a strong core and long lean muscles and increase flexibility in this non-impact class. Pilates Mat Express is a 45-minute class. (SB) (FX) Moving |
| Cycle 30/45 | Climb to new heights and sprint to the finish in this express class. (CC) (SB) Active |
| Core Blast | Raise your heart rate and strengthen your core with this boot camp style, core-shredding class. (SB) (CC) Active |
| Hatha Yoga I-II | Develop balance, strength, flexibility, and breath control in held postures with this alignment-based class. Teaching styles vary. Learn and practice correct alignment and breathing in basic yoga postures. I/II For students who have attended Level 1 classes and are ready for a more advanced beginning class with introduction to additional postures. (RR) (FX) Moving |



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