



February 2018

SUN	MON	TUE	WED	THUR	FRI	SAT
				1 6:30pm Women's HIIT and Tabata Demo	2 First Friday - bring a guest for FREE! Kids Zone Groundhog Craft	3
4 Super Bowl Sunday	5 Kids Zone Bingo 5:00 - 6:00pm Metabolic Circuit Small Group Training FREE DEMO 7:00am	6 Water Circuit Class Demo 8:15 - 9:00am	7 Weigh-in Wednesday Blood Pressure Tests with Nurse Kim 11:00am - 1:00pm	8 Water Circuit Class Demo 8:15 - 9:00am Winter Olympics Begins	9	10
11	12 Metabolic Circuit Small Group Training 7:00am	13 Water Circuit Class 8:15 - 9:00am	14 Weigh-in Wednesday KZ Valentine's Candy Hunt Heart Hunt	15 Eating for a Healthy Heart Seminar 1:30pm Water Circuit Class 8:15 - 9:00am	16	17
18	19 Spa Water Metabolic Circuit Small Group Training 7:00am	20 Water Circuit Class 8:15 - 9:00am	21 Weigh-in Wednesday	22 Water Circuit Class 8:15 - 9:00am	23	24 National Dog Biscuit Day 6:00 - 8:30pm Kids Night Out
25	26 Metabolic Circuit Small Group Training 7:00am	27 Water Circuit Class 8:15 - 9:00am	28 Weigh-in Wednesday Toothfairy Day 9:30 - 11:00am & 5:00 - 6:00pm	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>MEMBER MAGIC</p> <p>AQUATICS</p> </div> <div style="text-align: center;"> <p>GROUP EXERCISE</p> <p>KIDS ZONE</p> </div> <div style="text-align: center;"> <p>FITNESS / NUTRITION</p> </div> </div>		

For additional details and the most up-to-date listing of events, visit acac.com/germantown/news.

FEBRUARY EVENT DESCRIPTIONS



Women's HIIT & Tabata Demo	Boost your cardio and strength with intense bursts of exercises that will get your heart pumping, fire up your metabolism, blast unwanted body fat, and sculpt your body!
First Friday	Members bring a guest for FREE every first Friday of the month.
KZ Groundhog Craft	Celebrate Groundhog Day in the Kids Zone by making a groundhog craft! Will Phil see his shadow?
Super Bowl Sunday	Wear your favorite football team gear between February 1 - 4!
KZ Bingo Night	Children will play a Valentine's themed game of Bingo with candy coated pieces!
Weigh-in Wednesday	Join our fitness team for complimentary weigh-ins each week to track your fitness progress.
Metabolic Circuit Small Group Training	Join Amy B for this 4-week class incorporating dumbbells, body weight exercises, TRX Suspension Trainers and more! \$100/4weeks
Water Circuit Class Demo	Come try out the water circuit class demo and utilize the power of water to increase strength and endurance through low impact, high intensity aerobic and resistance training!
Blood Pressure Tests	Join Nurse Kim in the lobby for a free blood pressure test!
Winter Olympics	To celebrate the start of the winter Olympics, we will have flags throughout the club and the KZ will color Olympic rings.
KZ Valentine's Candy Hunt	Children will go on a candy scavenger hunt in the Kids Zone!
Heart Hunt	Find a paper heart around the club and bring to the front desk for a prize!
Valentine's Day	Celebrate Valentine's Day with love songs in group exercise and treat yourself to a chocolate candy after your
Eating for a Healthy Heart Seminar	Come learn why you don't have to avoid all fats, and how to increase your fiber without increasing your sugar intake
Kids Night Out	Bring your kids (ages 3-12) to enjoy pizza dinner and play time while you enjoy a night on the town. Must be potty trained. Registration required.
National Dog Biscuit Day	Be sure to grab a biscuit for your furry friend as you leave the club on 2/24!
Toothfairy Day	Stop by a table hosted by Dr. Bob Testen's Dental office from upstairs for free giveaways to celebrate toothfairy day!

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