



March 2018

SUN

MON

TUE

WED

THUR

FRI

SAT

MEMBER MAGIC
 AQUATICS
 GROUP EXERCISE
 KIDS ZONE
 FITNESS / NUTRITION
 HUNT VALLEY

1
 National Appreciation Week
 Meet & Greet with Dr. Kaur 12:00pm

2
 First Friday - bring a guest for FREE!
 Dr. Seuss Day
 KZ Green Eggs and Ham 10:00am

3
 Fireman Bootcamp 1:00pm
 Open House for First Responders

4
 Daylight Savings begins

5
 Celebrate Your Name Day

6

7
 Weigh-in Wednesday

8

9
 KZ Movie Night 6:00-8:00pm

10
 Open House for First Responders
 Fire Prevention Talk with Germantown Volunteer Fire Department 10:00am
 Eat Well During & After Cancer Seminar 1:30pm

11
 Daylight Savings begins

12
 KZ Finger Foam Painting

13

14
 Weigh-in Wednesday

15
 Spa Water

16

17
 St. Patrick's Day- Shamrock Hunt
 Les Mills Launch Day!
 Open House for First Responders
 KZ Juice and Snacks

18

19

20
 First Day of Spring!
 KZ Making Oobleck

21
 Weigh-in Wednesday

22

23

24
 Open House for First Responders
 Kid Zone Fire Truck Visit 10:00am

25

26
 Wear Purple Day

27

28
 Weigh-in Wednesday

29

30

31
 Open House for First Responders
 Kids Night Out 6:00 - 8:30pm

MARCH EVENT DESCRIPTIONS



National Appreciation Week	In honor of National Appreciation Week, write a note of appreciation to someone at acac (a team member, instructor, workout buddy, etc.)!
Meet & Greet w/ Dr. Kaur	Come out and meet Dr. Harminder Kaur, MD from the Clarksburg Medical Center. Dr. Kaur in internal Medicine with an interest in women's health, nutrition and complimentary medicine as adjuncts to allopathic medicine. Dr. Kaur currently serves as acac Germantown's very first Advisory Board Physician. SNACKS AND REFRESHMENTS WILL BE PROVIDED!
First Friday	Members bring a guest for FREE every 1st Friday of the month.
KZ Green Eggs and Ham	Join KZ on Dr. Seuss Day to read an all-time favorite!
Fireman Bootcamp	Come join trainer Dave Jones and the firemen of Germantown Volunteer Fire Department for a bootcamp! Can you keep up with the firefighters?
Celebrate Your Name Day	Check out the chalkboard at the front desk for a personalized workout!
Weigh-in Wednesday	Join our fitness team for complimentary weigh-ins each week to track your fitness progress.
First Day of Spring!	The kids will make marigold cups! Come join the fun and plant some flowers for Spring!
KZ Fire Truck Visit	Our 30 for 30 beneficiary, the Germantown Volunteer Fire Dept., will be coming to the club to give the Kids Zone (and any interested adults) a chance to try on their gear and check out their fire truck!
KZ Kids Night Out	Bring your kids (ages 3+) to enjoy pizza dinner and play time while you enjoy a night out on the town. Must be potty trained.
KZ Movie Night	Come to the Kids Zone to enjoy popcorn and a movie!
Fire Prevention Talk	Join the Germantown Volunteer Fire Dept. upstairs in the conference room for a brief talk about fire safety, followed by a gear
Eat Well During and After Cancer Seminar	Lara will talk about what foods to eat to optimize health during and after cancer treatment. You will learn what foods help facilitate healing, reduce fatigue and maintain optimal nutritional status while going through treatment. We will then discuss how to eat well for life!
St. Patrick's Day	Happy St. Patrick's Day! Participate in our shamrock hunt around the club and be sure to grab a peppermint patty on your way out of the club!
Spa Water	Enjoy some delicious fruit-infused water after your workout!
Les Mills Launch Day	New Les Mills releases showcased in every scheduled class. Bring your friend to acac with you for free!
First Responders Open House	All first responders are invited to try out acac for FREE every Saturday of March!
Wear Purple Day	Purple Day is a day that is dedicated to bringing awareness to the world about epilepsy. Join us in wearing purple to bring awareness!

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