

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>MEMBER MAGIC GROUP EXERCISE FITNESS / NUTRITION AQUATICS KIDS ZONE HUNT VALLEY</p>				<p>1 Spa Water National Appreciation Week</p>	<p>2 First Friday - bring a guest for FREE! Bike to the Barre 5:00 - 7:00pm</p>	<p>3</p>
<p>4 Yoga Foundation Series 12:00 - 1:00pm \$</p>	<p>5 Celebrate Your Name Day (TM) (HV)</p>	<p>6</p>	<p>7 Weigh-in Wednesday (TM) (HV) Pat's Bootcamp 6:45pm</p>	<p>8 Family Swim Party 4:00 - 6:00pm Scented Towels</p>	<p>9 Lifeguard Training and Review 4:00 - 9:00pm First Responders Open House (through Sunday)</p>	<p>10 Lifeguard Training and Review 8:00am - 6:00pm Kids Night Out 5:30 - 8:00pm Last day to sign up for the 2018 acac Tri challenge!</p>
<p>11 Lifeguard Training and Review 8:00am - 6:00pm Daylight Savings Begins Yoga Foundation Series 12:00 - 1:00pm \$</p>	<p>12 Fire Safety Day (TM) (HV) Fire Talk & Truck Tour w/ Lutherville Volunteer Fire Company 1:00pm 2018 acac Tri Challenge Begins!</p>	<p>13</p>	<p>14 Weigh-in Wednesday (TM) (HV) Pat's Bootcamp 6:45pm Pilates Reformer Demo with Tamie 6:00pm</p>	<p>15 Spa Water</p>	<p>16</p>	<p>17 St. Patrick's Day- Shamrock Hunt (TM) (HV) Firefighters Bootcamp at 1:00pm</p>
<p>18 Yoga Foundation Series 12:00 - 1:00pm \$</p>	<p>19</p>	<p>20 First Day of Spring!</p>	<p>21 Weigh-in Wednesday (TM) (HV) Healthy Fats Cooking Demo 10:00-11:00am</p>	<p>22 Scented Towels Pilates Reformer Demo with Margreta 7:00am</p>	<p>23 Lifeguard Training and Review 4:00 - 9:00pm</p>	<p>24 Lifeguard Training and Review 8:00am - 6:00pm Group Exercise Scrambler Saturday 7:10am - 12:30pm Les Mills Open House Week begins! (3/24 - 3/30) Pilates Reformer Demo with Margreta 10:30am</p>
<p>25 Lifeguard Training and Review 8:00am - 6:00pm</p>	<p>26 Wear Purple Day (TM) (HV)</p>	<p>27</p>	<p>28 Weigh-in Wednesday (TM) (HV) Pilates Reformer Demo with Tamie 6:00pm</p>	<p>29 Spa Water</p>	<p>30</p>	<p>31</p>

MARCH EVENT DESCRIPTIONS



Bike to the Barre Event	Grab a friend and join us for a 50-min. acac Signature Power Ride, followed by a 30-min. Barre class. After class join us for light fare, beer, and wine. Enter to win various raffles for Personal Training Sessions, Membership incentives, etc. All guests will receive 1-wk free admission to acac Timonium. Members must bring a guest to attend the event. This event is open for non-members to attend w/o a member present. Advanced sign up is required. For more info, contact jessicamac@acac.com
First Friday	Members bring a guest for FREE every 1st Friday of the month.
Celebrate Your Name Day	Check out the chalkboard at the front desk for a personalized work out!
KZ Kids Night Out	Bring your kids (ages 3+) to enjoy pizza dinner and play time while you enjoy a night on the town.
Yoga Foundation Series with Beth Graham	For the Experienced and Beginner - Learn how to practice the Yoga Asanas/Poses with proper alignment whether you're a seasoned yogi or a beginner. In this series you will learn the elements of Standing, Twists, Backbends and Forward Folding postures from the foundation, so you can practice safely plus feel more results (strength and flexibility) from your practice. Members: \$25/single class, \$60/3 classes, Non-members: \$30/single class, \$75 3 classes
Weigh-in Wednesday	Join our fitness team for complimentary weigh-ins each week to track your fitness progress.
Fire Safety Day	Join team members in wearing red and show your gratitude to the Lutherville Volunteer Fire Company by writing a note at the front desk!
Family Swim Pool Party	Every 2nd Thursday of the month, hop in the pool for a splash-tastic fun time.
Lifeguard Training and Review	Learn to respond to aquatic emergencies and recertify your Lifeguard Training, First Aid, CPR for the Professional, and AED. <i>Lifeguard Training</i> : \$225/members \$275/non-members <i>Lifeguard Review</i> : \$125/members \$145/non-members.
Group Ex Scrambler Saturday	Come celebrate our local first responders and join us for our Group Ex Scrambler. Try all new Les Mills releases in BODYPUMP, SPRINT, BODY COMBAT, and BODY STEP, as well as additional new class formats. Put in suggestions for classes you would like to see added to our Group Ex Schedule. Please be advised there will be amendments to the usual Saturday Schedule. Scrambler Group Exercise schedule details to come! Light fare and drinks will be provided. Wear red to show your support for our local Firemen!
First Responders Open House	All first responders are invited and welcomed to try out acac for free!
Firefighters Bootcamp	Stop by studio A to see firemen and women from the Lutherville Volunteer Fire Company participate in a bootcamp with personal trainer, Russ!
Les Mills Launch Open House Week	New Les Mills releases showcased in every scheduled class. Bring your friend to acac with you for FREE!
Fire Talk & Truck Tour	Join the Lutherville Volunteer Fire Company in Studio D for a brief Fire Safety talk and then head outside to tour their fire truck and have the opportunity to try on the gear and ask any questions!
Pilates Reformer Demo	Interested in trying a pilates class but have no idea how to use the machine? Join Tamie or Margreta for a demonstration on how to use the pilates reformer machine and more!
Pat's Bootcamp (HV)	Join Trainer Patrick L. for a fast-paced workout!
Healthy Fats Day- Cooking Demo	In honor of National Healthy Fats Day, p.r.e.p. Director, Sarah F., will host a cooking demonstration of how to use healthy fats in foods you eat on the main side.
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!
Group Swim Lessons	Swim Lessons Sessions from February 26 - April 8 offered for children ages 6 months - 15 years. Contact kimberlyle@acac.com for more information.
St. Patricks Day Shamrock Hunt	Find a shamrock around the club and turn it in to the front desk for a prize!

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