

# JUNE 2018



Please visit [acac.com/west-chester/news](http://acac.com/west-chester/news) for event details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 First Friday - Bring a guest free!  5pm Friendly Friday at the Waterpark	2 1pm*\$ Asana Lab: Focus on Firefly Pose
3	4 12pm* Outdoor Boot Camp with Nate (EV)	5 9:30am Garden Club	6 7am* Outdoor Yoga (EV)	7 10am & 4pm* Posture & Movement Assessments (EV)	8 12pm Popsicles at the Pool  6pm* Kids Night Out	9 12-6:45pm Warm Water Pool Family Time
10 4:30pm* Be Your Own Hero: Active Assailant Class	11 First Day of Summer Camp!  1:30pm Book Club	12 12pm* Salsa Basics  5pm* Barre to the Bar (EV)	13 7am * Outdoor Yoga (EV)  10am-12:30pm Skin Analysis with SkinCeuticals	14 10am & 4pm* Posture & Movement Assessments (EV)	15 7:30pm*\$ Sound Bath  6pm* Kids Night Out	16 1pm*\$ Restorative Yoga with Singing Bowls
17 Father's Day - Bring your dad free! 1pm*\$ All-level Vinyasa with Yin & Sound Bath	18 5pm* Outdoor Boot Camp with Nate (EV)	19 4:30pm Barre	20 7am* Outdoor Yoga (EV)  6:30pm* Outdoor Yoga with Essential Oils	21 10am & 4pm* Posture & Movement Assessments (EV)  7:15pm*\$ Bombay Jam (EV)	22 6:35am BODYCOMBAT  6pm Pink Floyd Theme Yoga	23 12-4pm Family Track Time
24 9am Summer Bash Aqua Class	25 6/25-7/1* FREE InBody Readings  6am* Summer Solstice Yoga	26 6:30pm* Kids Night Out (EV)	27 7am* Outdoor Yoga (EV)	28 10am & 4pm* Posture & Movement Assessments (EV)	29 12-1:30pm Beginner's Pickleball	30

MEMBER  
MAGIC

AQUATICS

SPECIAL

GROUP  
EXERCISE

YOUTH

SPA

FITNESS /  
NUTRITION

MIND BODY

MONTHLY  
EVENT

EAGLEVIEW

\$ = registration fee

\* = sign up in advance

West Chester events are open to WC and Full Facility members; Eagleview events are open to EV and Full Facility members.