



# OCTOBER 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b> Cardiac Rehab (\$) 10:00 - 11:00am	<b>2</b> Sole Mates Walking Group 9:00am Mommy & Me Yoga 3:45pm Health Horizons 6:00pm	<b>3</b> Cardiac Rehab (\$) 10:00 - 11:00am Barre on the Roof 4:30pm	<b>4</b> Kids Athletic Conditioning 4:30 - 5:30pm	<b>5</b> Body Combat on the Roof 4:30pm National Do Something Nice Day First Friday - bring a friend for FREE!	<b>6</b> Kid Fit NEW TIME! 10:45 - 11:30am Epic Nerf Battle 6 - 8pm
<b>7</b>	<b>8</b> Cardiac Rehab (\$) 10:00 - 11:00am Breast Cancer Awareness Line Dancing 5:30pm	<b>9</b> Sole Mates Walking Group 9:00am Tai Chi 10:30am Mommy & Me Yoga 3:45pm	<b>10</b> Cardiac Rehab (\$) 10:00 - 11:00am Perfect Your Push-Ups and Planks 5:30 - 6:15pm	<b>11</b> Kids Morning Out 9:30 Kids Athletic Conditioning 4:30 - 5:30pm	<b>12</b> Fall Happy Hour Flow 5:30 - 6:45pm	<b>13</b> Kid Fit 10:45 - 11:30am This One Time at Band Camp 11:00 - 12:00pm
<b>14</b>	<b>15</b> Cardiac Rehab (\$) 10:00 - 11:00am	<b>16</b> Sole Mates Walking Group 9:00am Tai Chi 10:30am Mommy & Me Yoga 3:45pm	<b>17</b> Cardiac Rehab (\$) 10:00 - 11:00am Perfect Your Push-Ups and Planks 5:30 - 6:15pm	<b>18</b> Business Networking Group Kids Athletic Conditioning 4:30 - 5:30pm	<b>19</b> Barre on the Roof 9:30am Fall Happy Hour Flow 5:30 - 6:45pm Pumpkin Carving Contest 6:00pm	<b>20</b> Zumba on Roof 10:15am Kid Fit 10:45 - 11:30am This One Time at Band Camp 11:00 - 12:00pm Spooktacular Saturday 6:00 - 8:00pm
<b>21</b>	<b>22</b> Body Attack on the Roof 9:30am Cardiac Rehab (\$) 10:00 - 11:00am	<b>23</b> Sole Mates Walking Group 9:00am Tai Chi 10:30am Mommy & Me Yoga 3:45pm	<b>24</b> Cardiac Rehab (\$) 10:00 - 11:00am Workout Buddy Meet & Greet 6:00pm	<b>25</b> Bike to the Bar 6:00pm Kids Athletic Conditioning 4:30 - 5:30pm	<b>26</b> Athletic Conditioning on Roof 9:30am	<b>27</b> Les Mills Launch Week Kid Fit 10:45 - 11:30am Zombie Zumba 11:15am Kids Night Out 5:30 - 8:00pm
<b>28</b> Les Mills Launch Week Sole Hope Party 2:00pm	<b>29</b> Les Mills Launch Week Face Painting in Lobby Cardiac Rehab (\$) 10:00 - 11:00am	<b>30</b> Les Mills Launch Week Sole Mates Walking Group 9:00am Face Painting in Lobby Mommy & Me Yoga 3:45pm	<b>31</b> Les Mills Launch Week Track or Treat 9:30 - 12:00pm Cardiac Rehab (\$) 10:00 - 11:00am	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>AQUATICS</b></p> <p><b>FITNESS/p.r.e.p.</b></p> <p><b>GROUP EXERCISE</b></p> </div> <div style="width: 45%;"> <p><b>KIDS ZONE</b></p> <p><b>MEMBER MAGIC</b></p> <p><b>SPORTS</b></p> </div> </div>		

For additional details and the most up-to-date listing of events, visit [acac.com/short-pump/news](http://acac.com/short-pump/news).

# OCTOBER EVENT DESCRIPTIONS



Cardiac Rehab	This six-week cardio and strength program is designed especially for cardiac patients. Please contact Lisa Sandvig at <a href="mailto:lisasa@acac.com">lisasa@acac.com</a> for pricing and additional details.
Kids Athletic Conditioning	Athletic conditioning class designed for children 8-12 year old. Sneakers require.
Healthy Horizons	Join us as we hear from Dr. Nordt on stem cell use. Please note the time change to 6:00pm for this event.
Sole Mates Walking Group	Join Mae every Tuesday morning for a walk around West Broad Village! All experience levels welcomed.
Mommy and Me Yoga	A special class with your little ones! Please note the new time.
Barre on the Roof	Barre is a ballet inspired workout using the barre, light weights and props to strengthen and tone the entire body.
Body Combat on the Roof	Les Mills' high-energy, non-contact, martial arts-inspired workout. Punch and kick your way to fitness.
National Do Something Nice Day	Do a random act of kindness, tag us on social media, and you'll be entered to have 1 month's dues covered by acac!
Kid Fit	Play active games, work on balance and agility, and have a great time.
Epic Nerf Battle	Bring your own Nerf launcher and goggles and face off against your friends in this epic battle!
Breast Cancer Awareness Line Dancing	Wear PINK and invite a friend to dance on the rooftop!
Tai Chi	Tai chi is an ancient Chinese discipline that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
Perfect Your Push-Ups & Planks	Join Ann Burns, certified personal trainer, in perfecting your push-ups and planks!
Kids Morning Out	Drop your child off at Kids Zone for free play and crafts while you escape for a few hours of free time!
Fall Happy Hour Flow	Practice an invigorating flow on our rooftop and create a new perspective going into the Fall season.
This One Time at Band Camp	Learn how to use rubberized resistance bands to strengthen the whole body.
Pumpkin Carving Contest	Show us your most artistic pumpkin carving skills!
Zumba on the Roof	Learn elements of salsa, merengue, flamenco, and more, while feeling like you're just out dancing.
Spooktacular Saturday	Drop the kids off at Kids Zone to enjoy fun games, a spooky snack, and a pumpkin decorating craft!
Body Attack on the Roof	A high-energy fitness class combining athletic movements like running, lunging and jumping with strength exercises.
Zombie Zumba	Join us for a special Halloween themed Zumba class!
Workout Buddy Meet & Greet	Did you know working out with a friend can help increase your motivation?! Come meet your new workout buddy!
Bike to the Bar	Rooftop drink special after Power RIDE!
Athletic Conditioning	Take your fitness to the next level with this challenging cardio and strength workout with music and coaching.
Les Mills Launch Week (10/27 - 11/2)	Join us for new music and moves! BODYPUMP, BODYCOMBAT, BODYATTACK, BODYFLOW, Sh'bam. Non-members welcome!
Kids Night Out	Parents enjoy a Saturday evening out while the kids hang with their friends.
Sole Hope Party	We will take the donated jeans from September and get them ready to be tuned into shoes!
Face Painting in the Lobby	Kick-off your Halloween week with some fun face painting in the lobby!
Track or Treat	Members & team members will be dressed in Halloween costumes to hand out candy to kids around the track!