

# GROUP EXERCISE SCHEDULES

aquatic | group exercise | mind body | EDGE cycle

## Where to start in group classes:

All of the group classes listed below are included in your acac membership!

In the schedule on the following pages, classes highlighted in green are appropriate for new participants. If you are not sure where to start, ask an acac team member for assistance.

## How to have a successful group class experience:

- Wear comfortable clothes and appropriate footwear. Please refrain from wearing perfumes or heavily scented lotions.
- Bring a water bottle and towel.
- Arrive early for equipment set-up and to ask any questions.

- The warm-up is essential to your safety. Do not enter a class more than 10 minutes after the listed start time.
- Cool-down and stretching are important for your safety. Please do not leave class early.

aquatic						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am Tabata H <sub>2</sub> O (EP)	<b>P</b> 8:30am Aqua Fit (EP)	8:30am WATERinMOTION (EP)	<b>P</b> 8:30am Aqua Fit (EP)	8:30am HIIT Deep H <sub>2</sub> O (EP)	8:30am Tabata H <sub>2</sub> O (EP)	
9:30am Athletic Aqua (EP)	9:30am Aqua Fit Deep (EP)	9:30am Athletic Aqua (EP)	9:30am WATERinMOTION (EP)	9:30am Aqua Fit Mix (EP)	<b>P</b> 9:30am Aqua Fit (EP)	9:30am Athletic Aqua (EP)
<b>P</b> 10:30am Core H <sub>2</sub> O (WWP)	10:30am WATERinMOTION (EP)	<b>P</b> 10:30am Core H <sub>2</sub> O (WWP)		<b>P</b> 10:30am Core H <sub>2</sub> O (WWP)		
<b>P</b> 11:15am Aqua Yogilates (WWP)		<b>P</b> 11:15am Aqua Fit (WWP)		<b>P</b> 11:15am Aqua Yogilates (WWP)		
<b>P</b> 12:00pm Feeling Fit with MS (EP)		<b>P</b> 12:00pm Aqua Yogilates (WWP)				
	1:00pm Aqua Fit Deep (EP)		1:00pm Aqua Fit Deep (EP)			
<b>P</b> 2:00pm Arthritis H <sub>2</sub> O (WWP)	<b>P</b> 2:00pm Arthritis H <sub>2</sub> O (WWP)	<b>P</b> 2:00pm Arthritis H <sub>2</sub> O (WWP)	<b>P</b> 2:00pm Arthritis H <sub>2</sub> O (WWP)	<b>P</b> 2:00pm Arthritis H <sub>2</sub> O (WWP)		
<b>P</b> 3:00pm Aqua Fit (EP)						
	7:15pm Aqua Fit (EP)	6:20pm HIIT H <sub>2</sub> O (EP)				

(EP) Exercise Pool  
 (AP) Activity Pool  
 (WWP) Warm Water Pool

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Welcoming beginners  
 Intermediate to advanced  
 New class, time, or format  
P p.r.e.p.-friendly

All classes are included with your **acac** membership!

# group exercise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Cardio Strength (A)	5:30am BODYPUMP™ (B)	5:30am Athletic Conditioning (A)	5:15am BODYPUMP™ Challenge 75 (A)	5:30am Boot & Bells (A)		
6:00am Athletic Conditioning (B)	6:15am BODYCOMBAT™ (A)	5:30am CXWORX™ (B)	5:45am LIIT (B)	6:00am BODYPUMP™ 30 (B)		
		6:05am Step 45 (B)	6:15am BODYCOMBAT™ (B)	6:35am CXWORX™ (B)	7:30am Dance Fusion (B)	
		7:00am BODYPUMP™ 45 (B)		6:35am Cardio Strength 45 (A)	7:30am Boot Camp (A)	
8:10am BODYPUMP™ 30 (A)	8:15am Cardio Strength 45 (A)	7:50am CXWORX™ (B)	8:30am BODYCOMBAT™ (A)	7:45am Kettlebell & Core (A)	8:30am Boot & Bells 40 (B)	8:15am Boot & Bells (A)
8:45am CXWORX™ (A)	8:30am BODYPUMP™ (B)		8:45am CXWORX™ (B)	8:30am Strength Challenge (A)	8:30am Step (A)	9:00am HIIT Cardio 30 (B)
9:20am BODYCOMBAT™ 45 (A)	9:05am Dance Fusion (A)		9:30am Boot & Bells (BBA)	<b>p</b> 8:30am Dance Fusion Gold (B)	9:20am Athletic Conditioning 45 (B)	9:20am BODYPUMP™ (A)
9:30am Boot & Bells (BBA)	9:30am Boot Camp (BB)	9:15am BODYPUMP™ (A)	9:35am BODYPUMP™ (B)	9:30am Step Mix (B)	9:30am BODYPUMP® 30 (A)	9:45am CXWORX™ (B)
10:00am CXWORX™ (B)	9:35am BODYCOMBAT™ (B)	9:30am Kettlebell (B)	9:35am Dance Fusion (A)	9:30am BODYATTACK™ (A)	10:05am CXWORX™ (A)	
10:10am PiYo® (A)	10:05am Strength Challenge (A)		10:35am STRONG® 30 (A)	9:30am Lean Conditioning (BBA)	10:15am Step (B)	10:25am BODYCOMBAT™ (A)
10:35am Athletic Conditioning (B)	10:35am CXWORX™ (B)	10:30am Below the Belt (A)	10:35am Abs/Arms/Assets (B)	10:35am BODYPUMP™ 30 (A)	10:40am Zumba® (A)	
11:15am BODYPUMP™ (A)		10:30am Zumba® (B)			11:15am BODYPUMP™ (B)	
	12:00pm BODYPUMP™ (A)	<b>p</b> 12:00pm Chair Strength & Balance (B)	12:00pm BODYPUMP™ (A)	11:10am CXWORX™ (A)		
<b>p</b> 12:00pm Fit Essentials 45 (B)		<b>p</b> 12:00pm Dance Fusion Gold (A)	<b>p</b> 12:00pm Fit Essentials (B)	<b>p</b> 12:00pm Dance Fusion Gold (A)		
1:00pm BODYPUMP™ (A)	<b>p</b> 1:00pm Latin Dance Lite (A)	1:00pm BODYATTACK™ 45 (A)	<b>p</b> 1:05pm Latin Dance Lite (A)			
4:30pm BODYPUMP™ (A)		4:45pm Kettlebell Strength 45 (B)	4:30pm BODYPUMP™ (A)	5:30pm BODYPUMP™ (A)		
5:00pm Zumba (B)	5:00pm CXWORX™ (A)	5:30pm BODYPUMP™ (A)	5:15pm PiYo® 45 (B)			
5:35pm BODYATTACK™ 30 (A)	5:30pm BODYATTACK™ (B)	5:30pm Step Mix 45 (B)	5:35pm Boot Camp (A)			
6:00pm LIIT (B)	5:35pm Zumba® Core (A)	6:35pm BODYCOMBAT™ (A)	6:15pm Zumba® (B)			
6:10pm HIIT Strength 30 (A)	6:30pm BODYPUMP™ (B)	6:40pm CXWORX™ (B)	6:35pm BODYPUMP™ (A)			
	6:35pm Boxing Fit (A)	7:15pm Step (B)				

- (A) Studio A
- (B) Studio B
- (BB) Basketball Court
- (BBA) Basketball Court - Court A

- Welcoming beginners
- Intermediate to advanced
- New class, time, or format
- p** p.r.e.p.-friendly

All classes are included with your **acac** membership!

# mind body

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Vinyasa Yoga I/II (YS)	6:00am Cardio Barre Fusion (BS)	6:00am Vinyasa Yoga I (YS)	6:00am Cardio Barre Fusion (BS)	6:00am Vinyasa Yoga I (YS)	7:30am Vinyasa Yoga I/II (YS)	
			<b>p</b> 8:00am Yin Yoga (YS)	8:00am Hatha Yoga II/III (YS)	8:30am Barre Fusion (BS)	8:30am Hatha Yoga Intro (BS)
8:10am Barre (BS)	8:00am Hatha Yoga I (YS)	8:00am Cardio Barre Fusion (BS)		8:10am Barre (BS)	8:45am Hatha Yoga Intro (YS)	8:30am Vinyasa Yoga I/II (YS)
9:30am BODYFLOW™ (BS)	9:15am Barre Fusion (BS)	9:00am Mat Pilates I (BS)		9:30am Barre Fusion (BS)	9:30am Mat Pilates I (BS)	10:00am Meditation 45 (YS)
9:30am Vinyasa Yoga I/II (YS)	9:30am Vinyasa Yoga Power 75 <b>HEATED</b> (YS)	9:30am Vinyasa Yoga I (YS)	9:30am Vinyasa Yoga Power 75 <b>HEATED</b> (YS)	9:30am Vinyasa Improv (YS)	10:15am Vinyasa Yoga I 90 (YS)	10:00am BODYFLOW™ (BS)
	10:30am Hatha Yoga II (BS)	<b>p</b> 10:05am Pre/Post Natal Yoga (BS)	10:30am Barre Fusion (BS)	10:30am BODYFLOW™ (BS)	10:45am Hatha Yoga I (BS)	11:00am Hatha Yoga I (BS)
11:00am Hatha Yoga Intro (YS)	11:00am Hatha Yoga Intro (YS)	11:00am Hatha Yoga Intro (YS)	11:00am Hatha Yoga: Intro (YS)	11:00am Hatha Yoga Intro 75 (YS)	12:00pm Hatha Yoga II (BS)	<b>p</b> 11:00am Restorative Yoga 90 (YS)
<b>p</b> 12:00pm Tai Chi/Qigong (BS)	<b>p</b> 12:05pm Yoga for Every Body (BS)	<b>p</b> 12:00pm Tai Chi/Qigong (BS)	<b>p</b> 12:30pm Restorative Yoga 90 (YS)			
12:30pm Vinyasa Yoga Power <b>HEATED</b> (YS)		12:30pm Vinyasa Yoga I/II <b>HEATED</b> (YS)				
<b>p</b> 1:05pm Chair Yoga 45 (BS)	<b>p</b> 1:05pm Qigong (BS)	1:00pm Barre Fusion (BS)	<b>p</b> 1:05pm Chair Yoga 45 (BS)	1:00pm Barre Fusion (BS)		
<b>p</b> 2:00pm Cancer Well-Fit Yoga (BS)		<b>p</b> 2:00pm Cancer Well-Fit Yoga (BS)				
	4:30pm Hatha Yoga II (YS)					
4:30pm Hatha Yoga Intro (YS)	4:30pm Barre (BS)	4:30pm Vinyasa Yoga I/II (YS)	4:30pm Barre Fusion (BS)			
6:00pm Vinyasa Yoga I/II (YS)	5:30pm BODYFLOW™ (BS)	5:30pm Mat Pilates I (BS)	4:30pm Hatha Yoga II/III (YS)	6:00pm Vinyasa Yoga Power 75 <b>HEATED</b> (YS)		
6:00pm Barre Fusion (BS)	6:00pm Vinyasa Yoga I/II (YS)	6:00pm Hatha Yoga Intro (YS)	6:00pm Vinyasa Yoga I/II (YS)			
	6:30pm Mat Pilates I (BS)	6:30pm Buti Yoga (BS)	6:00pm Barre Fusion (BS)			
	7:30pm Hatha Yoga Intro (YS)	<b>p</b> 7:15pm Yin Yoga (YS)	7:30pm Hatha Yoga Intro (YS)			

(A) Studio A  
(BS) Barre Studio  
(YS) Yoga Studio

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Welcoming beginners

Intermediate to advanced

New class, time, or format

**p** p.r.e.p.-friendly

**HEATED** Room temperature 90 - 95°

# EDGE cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Power Ride	5:30am Studio Ride 60	5:30am Rhythm Ride	5:30am Power Ride	5:15am Power Ride	7:30am Power Ride	
8:30am Rhythm Ride	8:30am Studio Ride 45	8:30am Power Ride	8:30am Rhythm Ride	8:30am Power Ride	9:00am Studio Ride 45	8:30am Power Ride
9:30am Studio Ride 60	9:30am Power Ride	9:30am Rhythm Ride	9:30am Studio Ride 45	9:30am Rhythm Ride	10:00am Rhythm Ride	9:30am Studio Ride 60
5:15pm Studio Ride 45	5:30pm Studio Ride 60	5:15pm Rhythm Ride	5:30pm Power Ride			
6:15pm Rhythm Ride		6:15pm Studio Ride 60	<b>*Advance sign up is required for all cycle classes.*</b>			

All cycle classes take place in the Cycle Studio

Intermediate to advanced

New class, time, or format

## GROUP EXERCISE CLASS DESCRIPTIONS

Abs/Arms/Assets	This 45-minute fat burning, calorie torching upper body and mid-section workout will tone and strengthen the arms, abs, and glutes.
Athletic Conditioning	Take your fitness to the next level with this challenging cardio and strength workout with music and coaching to inspire you to work your hardest.
Below the Belt	A fat burning, calorie-torching lower body workout to tone and strengthen the glutes, quads and hamstrings. This 45 minute class utilizes resistance bands and dumbbells to get you maximum results through strength and cardio intervals combined with core conditioning.
BODYATTACK™	Improve power, speed, and agility in this dynamic, high-energy mega calorie burner by Les Mills.
BODYCOMBAT™	Les Mills' high-energy, non-contact, martial arts-inspired workout. Punch and kick your way to fitness.
BODYPUMP™	This barbell class strengthens all major muscles in a motivating group environment.
BODYPUMP™ Challenge	Cardio drills included to give an extra boost to your day.
Boot & Bells	Kettlebell strength, cardio and flexibility work will be featured in this boot camp styled class.
Boot Camp	This circuit-style class incorporates strength and cardio into one high-impact workout. You will target all muscle groups for a full body work out. Be ready to sweat!
Boxing Fit	A boxing class using bags, gloves, and focus mitts. Impact optional, hand wraps are required. <i>Come early to learn proper wrist and hand wrapping.</i>
Cardio Strength	This class uses various types of equipment to elevate your heart rate while also incorporating strength segments to give you a total workout. Can be modified for all workout levels!
Chair Strength & Balance	Adapts full body movement and incorporates strength, light weights and balance in a seated and/or standing at barre for more support and stability. No fitness experience required.
CXWORX™	The ultimate way to get a tight and toned core. Dynamic training hones in on your abs, glutes, back and obliques.
Dance Fusion Dance Fusion Gold	A dance-inspired workout that's great exercise but feels more like a dance party. Cardio and toning elements are "fused" into easy-to-follow dance moves set to your favorite songs! <b>Dance Fusion Gold:</b> Expect the Gold class to have simpler choreography and to be a bit more gentle on your joints.
Feeling Fit with MS	An exercise class designed for people with MS. Exercise with our expert staff and enjoy working towards improving core strength, balance and gait, and stamina.
Fit Essentials	Classic cardio moves designed to increase stamina combined with strength training and flexibility exercises to keep you feeling strong and limber. Acceptable for all ages and fitness levels.
HIIT Cardio 30	30 minutes of high-intensity interval training. A total body, heart pumping, aerobic and strength conditioning workout. Modifications for different fitness levels provided.
HIIT Strength	High intensity interval training focused on total body strength and metabolic burn.
Kettlebell & Core	This class will use strength, mobility, and core circuits to give you an effective total body workout in just 30 minutes!
Kettlebell Strength	Expect to use a variety of equipment that will challenge you in new ways. Kettlebell experience recommended.
Latin Dance Lite	This class features Zumba®-type music and a lighter version of movement with no impact. Designed to be easier on your back, hips, knees and feet.
Lean Conditioning	Use light weights, resistance bands, and body weight to tone and strengthen muscles with little to no impact on your joints! Class will focus on balance, overall strength, core strength and conditioning.
LIIT	A low impact, low intensity interval cardio and strength class for a strong, healthy and fit you. A great workout for beginners and intermediate levels who want to keep their feet on the floor.
PiYo®	PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and defined.
Step	Instructors use their individual style and creativity in this traditional block choreography cardio class for those that love step.
Strength Challenge	Perform compound, dynamic, and isolated strength exercise using a variety of equipment or body weight for a total body workout. Expect a challenge!
STRONG by Zumba®	<b>STRONG by Zumba® combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every move. You'll burn calories while toning your arms, legs, abs, and glutes.</b>
Zumba®	Learn elements of Salsa, Merengue, Flamenco, Cha Cha, and other Latin styles in this dance fitness, calorie-burning class that is more like a party.
Zumba® Core	All of the Zumba® cardio you love with core conditioning segments to slim your waist and teach you how to protect your back!

## EDGE CYCLE CLASS DESCRIPTIONS

Power Ride	Train like a machine in this 50 minute workout. Track your performance in real time with our Crank Board, and drive toward your personal best. We climb, we sprint, and we race for a full body challenge.
Rhythm Ride	You'll quickly be addicted to this 50 minute beat-bumping party on a bike. Ride to the rhythm and feel the beat with this perfectly choreographed mix of upper body work, hills, and drills, while getting lost with the intoxicating fusion of music.
Studio Ride	This cardio workout is based on standard cycling principles. Classes are technique based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging. In this ride, our instructors use their own unique training and experience to bring this class to life.

## MIND BODY CLASS DESCRIPTIONS

Barre Barre Fusion	<b>Barre</b> is a ballet-inspired workout using the barre, light weights and props to strengthen and tone the entire body. <b>Barre Fusion</b> is the fundamentals of traditional Barre with added elements of compound, dynamic movements for a greater challenge. May or may not incorporate the use of the Barre apparatus.
BODYFLOW™	A fusion class of movement patterns influenced by Tai Chi, Pilates and Yoga-inspired sequences set to music. The focus is on controlled breath, strength, balance, core and a full series of stretches, ending with an extended relaxation.
Buti Yoga	Dynamic yoga practice that blends primal movement (tribal dance) with deep core engagement, cardio bursts (plyometrics) and vibration to tone the body, spiritually and physically. The movement involved in a Buti class is designed to empower and develop body confidence, break through barriers, and transform your body.
Cardio Barre Fusion	A high energy/no impact exercise class that combines barre work, lightweights and resistance equipment with continual fat burning motion designed to strengthen and tone the whole body. The focus is on cardio, strength and flexibility to improve overall fitness level.
Cancer Well-Fit Yoga	Semi-private, warm yoga program with a focus on the mind-body-spirit connection. Class will include instruction on meditation and healing techniques within the group and will also address participants' individual needs.
Chair Yoga	Adapts yoga poses with creative use of a chair for more support and stability. This class includes deep breathing, balance, gentle stretching and strengthening without having to get on the floor. No yoga experience required.
Hatha Yoga Hatha Intro Hatha I Hatha II Hatha III	<b>Intro:</b> Learn breathing, sequencing and proper alignment for postures in Hatha Yoga. <b>Hatha I:</b> Develop strength, balance, flexibility and breath control in held postures with this alignment based class. Learn and practice correct alignment and breathing techniques in basic yoga postures. <b>Hatha II:</b> Develop strength, balance, flexibility and breath control in held postures with this alignment based class. Designed to take students to the intermediate level. More advanced postures and sequences are introduced requiring more strength, stamina and flexibility. <b>Hatha III:</b> Designed to help students advance their yoga practice. More advanced postures and sequences are taught requiring more strength, stamina and flexibility.
Mat Pilates I	A series of exercises designed to strengthen the muscles of the core while promoting proper spinal alignment.
Meditation	Feel relaxed, peaceful, focused, and develop more inner awareness.
Pre/Post Natal Yoga	A relaxing yoga practice focused on helping you feel calm, flexible, and fit during pregnancy and helping you gently get back into shape post delivery. This workout will increase your energy, ease aches and pains and strengthen the muscles you will use for labor and delivery.
Qigong Tai Chi/Qigong	<b>Qigong</b> is an ancient Chinese series of fluid movements coordinated with breathing to increase flow of energy throughout the body and mind. This is the most widely practiced form and can be performed sitting or standing. <b>Tai Chi/Qigong</b> will tone the body as your work through a series of movements that incorporate legs, arms and core stability.
Restorative Yoga	The body is placed in restful postures and supported by props. All postures gently stretch the body while promoting rest and relaxation.
Vinyasa Yoga Vinyasa I Vinyasa II Vinyasa Power Vinyasa Improv	<b>Vinyasa I:</b> continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful. <b>Vinyasa II:</b> A continuous flow of movement using sun salutations and dynamic breathing. Vinyasa classes move at a fast pace so prior Yoga experience is helpful. In level 2 the pace may increase and more complex poses and inversions are introduced. <b>Vinyasa Power:</b> A more vigorous approach to Vinyasa. Appropriate for intermediate and advanced practitioners, the instructor will lead participants through postures focused on core-strength, arm-balancing, and inversions. Level II/III. <b>Vinyasa Improv:</b> A modified practice of the primary series of Ashtanga yoga. A precise interlinking of traditional yoga postures creating continuous flow of movement and deep breathing. Level II/III.
Yin Yoga	Passive poses subtly open the body for more flexibility and energy flow while promoting a calm mind.
Yoga for Every Body	An extra gentle yoga class designed for every body type. Practice yoga with the use of props, and modifications. Participants must be able to freely move on and off the floor.

## AQUATIC EXERCISE CLASS DESCRIPTIONS

Arthritis H <sub>2</sub> O	These gentle exercise classes are designed to strengthen and tone muscles key to daily activities and to increase/maintain joint flexibility and range of motion. Classes are held in a 90 degree warm water pool.
Athletic Aqua	Water resistance can add a new dimension to your strength and power. Full of drills and thrills, add splash to your workout.
Aqua Fit	A lot impact, high-intensity cardiovascular, strength, core and flexibility workout that is appropriate for all fitness levels. Instructors add their individual style and flair.
Aqua Fit Deep	Cardiovascular conditioning, combined with core and total body resistance training for a whole body workout with little to no impact on your joints. Flotation belts are used.
Aqua Fit Mix	A mix of shallow high-intensity aqua exercises and deep water toning and core work.
Aqua Yogilates	A mid-intensity cardio workout with Pilates exercises adapted for the water. Challenge balance & coordination while strengthening core muscles with alternating cardio and strength exercises.
Core H <sub>2</sub> O	Strengthen, tighten, and tone your core!
Feeling Fit w/ MS	An aquatic exercise flexible enough to provide core, strength, balance and gait training or an aerobic workout. Instructors are certified by the MS Society and work hands-on with participants as needed.
HIIT Deep H <sub>2</sub> O	Interval exercises are done in the deep water, engaging the core and working the body for strength.
HIIT H <sub>2</sub> O	Interval based workout for cardio and strength with all the resistance of water but without all the impact of land.
Tabata H <sub>2</sub> O	Traditional land-based 20 seconds on, 10 seconds off segments with the power and protection of water, for a unique challenge.
WATERinMOTION®	The newest in aquatic exercise for those looking for a challenge. Cardio, strength, core and flexibility in one action-packed class, set to your favorite hits.