

MARCH 2019



Please visit acac.com/west-chester/news for event details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p> MEMBER MAGIC GROUP EXERCISE FITNESS / NUTRITION MONTHLY EVENT AQUATICS YOUTH MIND BODY EAGLEVIEW SPECIAL SPA </p> <p> <i>\$ = registration fee</i> <i>* = sign up in advance</i> </p>					<p>1 First Friday - Bring a guest free!</p>	<p>2 8:30am* Parent & Me Swim</p> <p>11am* Squat 101</p>
<p>3 1-5pm Family Court Time</p>	<p>4 10am* Battle Ropes 101</p> <p>4pm* Bone Strength Seminar</p>	<p>5 4:30pm Barre</p>	<p>6 12pm*\$ Kids Day Off</p> <p>12pm Nutrition Label Seminar</p> <p>6:35pm Glow COMBAT</p> <p>5-7:30pm Athleta Trunk Show</p>	<p>7 12pm*\$ Kids Day Off</p>	<p>8 8am*\$ Kids Day Off</p> <p>5pm* Happy Hour HIIT (EV)</p> <p>6pm* Kids Night Out</p>	<p>9 12:30pm*\$ Restorative Home Workshop</p> <p>4:30pm* Karaoke Night at the Pool</p>
<p>10 1:30pm Family Fitness Class</p>	<p>11 8am*\$ Kids Day Off</p> <p>10am* Intro to TRX</p> <p>1:30pm Book Club</p>	<p>12 9:30am Garden Club</p> <p>11am* Bone Strength Seminar</p> <p>12pm Salsa Basics</p>	<p>13 11:30am-1pm 6ZONE (EV)</p>	<p>14 5:45am LIIT</p>	<p>15 6pm* Kids Night Out</p>	<p>16 8:30am* Parent & Me Swim</p> <p>11am* Back Strength 101</p>
<p>17 1:30pm Family Fitness Class</p>	<p>18 3-8pm*\$ Spring Fling at the Spa</p>	<p>19 4:30pm* More Core Mini Clinic (EV)</p>	<p>20 3pm* Bone Strength Seminar</p> <p>6:15pm* Battle Ropes 101</p>	<p>21 4:30pm Barre Fusion</p>	<p>22 6pm* Kids Night Out</p>	<p>23 8:30am* Parent & Me Swim</p> <p>11am Ask a Trainer</p> <p>12pm* Tai Chi Class (EV)</p>
<p>24 12:15pm Barre for Beginners</p>	<p>25 10:30am* Simply Ride</p>	<p>26 11:30am-2pm Pickleball</p>	<p>27 9:30am-12pm Bridge</p>	<p>28 10:30am* Bone Strength Seminar</p>	<p>29 6pm Power Yoga</p>	<p>30 8-9:30am 6ZONE Brunch Bunch (EV)</p> <p>11am* Simply Ride</p>
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