

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>KEY</b> <b>MEMBER MAGIC &amp; ANNOUNCEMENTS</b> <b>FITNESS PROGRAMING</b>						
	<b>KIDS PROGRAMMING</b> <b>SPECIAL GROUP EX CLASS</b>	<b>OTHER EVENTS</b> <b>TENNIS PROGRAMMING</b>	1	2 11:05 - 11:50am Zumba 101  12:00 - 12:30pm Beginner TRX  12:30pm Healthy Horizons Luncheon	3 <b>First Fridays</b> 10:00 - 10:30am Cycle 101 2:00 - 2:30pm TRX for Seniors 6:30 - 7:30pm Nia: Cinco de Mayo "Rhythm Hips"	4 11:30am - 12:45pm Yoga 101  1:00 - 2:00pm Girl Power  2:00 - 3:00pm Power Women
5 10:20 - 10:50am Barre 101  10:35 - 11:35am Cinco de Mayo Aqua Zumba  2:30 - 3:00pm BODYPUMP 101	6 <b>Tri Challenge Begins</b> 5:30 - 6:00pm Cycle 101 5:45 - 6:30pm Learn to Swim Blitz 5:45 - 6:30pm Swim Team Blitz 6:00 - 8:00pm Swim Team Registration	7 8:00 - 8:30am Ballroom Boogie 101  1:30 - 2:30pm Laughter Yoga	8  11:00am Dieting Dilemmas Mini-Clinic	9  7:00 - 10:00am Physical Therapy Screenings	10 2:00 - 4:00pm <b>Mother's Day Fun</b> 5:30 - 6:00pm Kids Zumba Cinco de Mayo Party! 6:30 - 7:45pm Nia: Moving to Heal	11  11:30am - 12:45pm Mother's Day Yoga
12 <b>Bring a guest free all week!</b>  <b>Happy Mother's Day! Moms, stop by the front desk for a special treat.</b>	13 <b>Bring a guest free!</b>  5:45 - 6:30pm Learn to Swim Blitz 5:45 - 6:30pm Swim Team Blitz	14 <b>Bring a guest free!</b>  10:00 - 10:30am Shoulder Mobility & Strength for Beginners	15 <b>Bring a guest free!</b>  6:00 - 7:30pm Taste of Midlothian	16 <b>Bring a guest free!</b> 3:00 - 400pm <b>Free Ice Cream from the Blue Bunny Truck</b> 6:30pm Dr. Megan Shannon on Urinary Incontinence in Women	17 <b>Bring a guest free!</b>	18 <b>Bring a guest free!</b> 9:00am - 8:00pm Lifeguard Certification  11:30am - 12:30pm Yoga Nidra  5:00 - 9:00pm Kids Night Out
19 9:00am - 8:00pm Lifeguard Certification	20  4:15 - 6:30pm Swim Team Practice starts 5:45 - 6:30pm Learn to Swim Blitz	21  8:00 - 8:30am Ballroom Boogie 101  9:30am - 12:00pm 5:00 - 7:00pm <b>Free Racquet End Caps in Tennis</b>	22  5:30pm Swim Team Volunteer Information Night	23	24  9:30 - 11:00am Military Appreciation Breakfast	25
26	27 8:00am - 8:00pm <b>Memorial Day Hours</b> 8:30 - 11:30am Tennis Social	28	29	30 <b>Friendly Fridays starts June 21. Remember, you can bring a guest famiy free each Friday night to the Waterpark.</b>	31 <b>All Day acac Spirit Day</b>	

# EVENT DESCRIPTIONS

*All group ex class descriptions can be found online in the group class schedule.*

Beginner TRX	Geared to those new to TRX, will increase participants' strength, mobility and flexibility. \$79 for 4 week course. Register at the front desk or in the member portal.
Bring a Guest Free	Show off your club! You may bring one guest per visit free with you May 12 - 18. All normal guest policies apply.
Dieting Dilemmas	Keto, Paleo, Mediterranean? With so many options for dieting, confusion is easy. Join Donna and Nancy for an interactive session to explore the pros and cons of the most popular diets and bust some myths. Free; register at the desk or portal.
First Friday	<b>acac</b> members may bring one guest to the fitness center free of charge. All other guest policies apply.
Girl Power	Designed for teen girls looking to learn their way around the weight room, proper form and technique and myths to avoid. Open to all fitness levels. \$99 for 4 week course, does not meet May 25. Register at the front desk or in the portal.
Healthy Horizons Luncheon	Free for members 60+. Lunch provided. Topic: Nutrition Myths and Cancer. Space limited; register at the front desk.
Kids Night Out	Kids join us for fun while parents enjoy a night out. Pizza dinner included. \$25. Register in the portal or at the desks.
Learn to Swim Blitz	Children ages 3-8 can start their swimming journey with this 4 consecutive day class (Mon-Thu) for water acclimation and beginner swimming skills. \$65. Three sessions to choose from. Register in the member portal or at the front desk.
Lifeguard Certification	Become a Red Cross certified lifeguard through this two day course. Obtain a recertification only by just attending the Sunday portion. Email ml-aquatics@acac.com to learn more. Register at the front desk or on the member portal.
Military Appreciation Breakfast	If you've served 1 day or more in the military, we invite you to attend this free breakfast at the Waterpark. Register in advance at the front desk or in the member portal.
Mother's Day Fun	Hand Salt Scrub giveaway and free 10 minute massages on a first come-first serve basis (note this is Friday, May 10).
Physical Therapy Screenings	Therapist from Spectrum Physical Therapy will be available for free 15 minute consultations. Register at the front desk.
Power Women	Go step-by-step to learn the best strength moves to build that beautiful, strong figure. \$99 for 4 week course, does not meet May 25. Register at the front desk or in the member portal.
Shoulder Mobility & Strength for Beginners	Learn functional exercises to promote shoulder mobility and improve overall strength. \$79 for 4 week course. Register at the front desk or in the member portal. Free demo session on Tuesday, May 7 at 10am.
Spirit Day	Wear any acac hat, apparel or paint your face and enter to win 1 of 3 \$50 acac gift cards. Also, visit our photo booth located on the fitness floor from 9:00 - 11:30am.
Swim Team Blitz	Ages 7 - 18 with prior swim team experience will work on different strokes or skills with this 4 consecutive day class (Mon-Thu). Open to all swimmers regardless of swim team affiliation. \$65. Register in the portal or at the front desk.
Swim Team Registration	Fill out all required forms and get info. Ages 8 & under new to team will need to be evaluated. Rain location Adv Central.
Swim Team Meeting	Get descriptions of volunteer jobs, understand requirements and how the meets work.
Taste of Midlothian	Member-Guest event to sample local cuisine from a host of nearby establishments while enjoying the spring weather at the Waterpark. Event is free but seating is limited. Online registration required by going to <a href="http://acac.com/taste-of-midlothian">acac.com/taste-of-midlothian</a> .
Tennis Social	Good food, good fun and good tennis! \$5/person. Space is limited, register at the tennis desk.
Tri Challenge	This month long event encourages you to accomplish the total milage of an Ironman triathlon. Finish and earn a t-shirt. \$8; register at the front desk or on the member portal.
TRX for Seniors	Increase strength, mobility and balance with this 4 week course. \$79, register at the front desk or in the member portal.
Urinary Incontinence in Women	Join Dr. Megan Shannon of Virginia Women's Center for a discussion on urinary incontinence. Refreshments served. Free; please register in advance at the front desk or in the member portal.