

# MAY 2019



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9am-12pm and 4-7pm Mother's Day Vendor Fair	2 9am* Coffee Talk with Rothman  9:30am Studio Ride	3 First Friday - Bring a guest free!	4 12pm* Parent & Me Yoga (EV)
5 Family Track Time 12-4pm	6 2pm* Bone Strength Seminar  5pm* Relief for Muscle Tension	7 9:15am* Intro to Cycle (EV)  9:30am Garden Club  10am* Living Better After 50	8 5pm* Living Better After 50	9 10am* Relief for Muscle Tension  10am* Women & Weights  5:30pm* Intro to Cycle (EV)	10 6pm* Kids Night Out	11 10am* Stretching Mini Clinic  1:30pm*\$ Svadhithana Chakra Workshop
12 Family Basketball Time 1-5pm	13 5pm* Relief for Muscle Tension (EV)	14 10am* Living Better After 50 (EV)  12pm Salsa Basics	15 5pm* Living Better After 50 (EV)	16 10am* Relief for Muscle Tension  10am* Stretching Mini Clinic  6:30pm* Simply Ride	17 12pm* Lunch & Learn with Rothman  6pm* Kids Night Out  Open House Weekend Benefiting March of Dimes -----	18 10am* Women & Weights  11am* Simply Ride
19  -----	20 9:30am-12pm Bridge	21 8am*\$ Kids Day Off  11am* Bone Strength Seminar  5:30pm* Ask the Expert with Rothman	22 5:15pm Rhythm Ride	23 10am* Stretching Mini Clinic  12-2pm Memorial Day Cookout	24 12-1:30pm Beginner Pickleball	25 8:30am* Parent & Me Swim
26 9:30am Athletic Aqua	27 Happy Memorial Day!  Club Hours: WC 5am-8pm EV 9am-12pm	28 6am Cardio Barre Fusion	29	30 5pm* Barre Basics (EV)	31	

- | SPECIAL MONTHLY EVENT
- | MEMBER MAGIC AQUATICS
- | GROUP EXERCISE YOUTH
- | FITNESS / NUTRITION MIND BODY
- | SPA EAGLEVIEW

\$ = registration fee  
\* = sign up in advance