

Class of 2023

BER'S BOWL

Attend any group exercise class & we'll donate \$1 per class to Cookies for Kids' Cancer. Bring a guest and we'll donate \$5 per class they attend!

acac Midlothian Schedule

FRIDAY 2/10

4:30pm Step Party!
5:00pm Barre
5:15pm BODYPUMP™ EX
5:45pm Yin Yoga
6:00pm RPM™ Cycle
6:00pm Nia
6:15pm Zumba® - "Fiesta of Love"

SUNDAY 2/12

8:45am Hatha Yoga: Foundations
9:15am LES MILLS CORE
10:00am RPM™ Cycle
10:00am BODYPUMP™ EX
10:00am Aqua Zumba
10:00am Barre
10:15am Hatha Yoga I/II
11:00am BODYCOMBAT™ EX
11:00am Tabata H2O - All Sports
11:00am Simply Strength
11:45am Yin Yoga
12:15pm Kids Zumba
12:45pm Balloon Drop

SATURDAY 2/11

8:00am BODYPUMP™
8:15am Barre
8:30am RPM™ Cycle
8:30am Vinyasa Yoga I/II
9:15am BODYCOMBAT™
9:20am WATERinMOTION
9:30am BODYBALANCE™
10:00am HATHA YOGA I/II
10:15am Athletic H2O
10:15am Cycle
10:30am Zumba- "Tango at the Tailgate"
10:45am Nia
11:15am Power Yoga
11:45am Barre
12:00pm Drums Alive
12:15pm Cycle
12:30pm Hatha Yoga : Flow 1/2
12:45pm Line Dancing
1:00pm BODYCOMBAT™ EX
1:45pm Tabata 4 Everyone

See all class descriptions at:
acac.com/group-exercise

acac Short Pump Schedule

FRIDAY 2/10

4:45pm Studio RIDE
5:45pm BODYPUMP™
6:00pm Vinyasa Yoga I/II
7:00pm BODYJAM™

SUNDAY 2/12

8:15am Vinyasa Yoga I/II
8:30am BODYATTACK™
8:30am Power RIDE
9:00am WATERinMOTION®
9:30am Athletic Conditioning
9:30am BODYBALANCE™
9:30am STUDIO RIDE
10:00am Nia
10:45am BODYPUMP™
10:45am Gentle Hatha Yoga
11:00am Barre
12:00pm BODYJAM™ Kid Friendly

SATURDAY 2/11

8:15am BODYPUMP™
8:15am Gentle Hatha Yoga
8:30am Studio RIDE
9:00am WATERinMOTION®
9:30am Tabata
9:30am Cycle
9:30am BODYCOMBAT™
9:30am Vinyasa Yoga II/III
10:30am Zumba® Bowl Party
10:45am BODYBALANCE™
11:00am Barre
12:00pm POUND Kid Friendly

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The Ber's Bowl Story

Ber (“Bear”) is the 19-year-old son of **acac** Midlothian Group Exercise Director Amber van der Meer. He is an extremely special, loving, energetic and curious young man who has won the hearts of everyone at **acac** and in this community.

In 2007, after Ber’s 4th birthday, family and friends were devastated to learn that he was diagnosed with Stage-4 Neuroblastoma, a type of children’s cancer. Since then, Ber has proven to be quite a warrior, fighting through numerous surgeries, radiation, chemo, and other difficult treatments. Each year, **acac** has raised money through Ber’s Bowl, initially to help fund treatments for Ber and later years for pediatric cancer research.