



2024

Ber's Bowl

acac Midlothian Schedule

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!

FRIDAY 2/9

4:30pm Drums Alive®
5:00pm Hatha Yoga Happy Hour
5:15pm Dance Party
5:15pm Tabata 30
6:00pm BODYPUMP™
6:30pm Yin Yoga

SUNDAY 2/11

8:15am BODYCOMBAT™ EX
9:00am Yoga Foundations
9:15am LES MILLS CORE™
10:00am RPM™
10:00am H2O Mash Up
10:00am Athletic Conditioning
10:00am Barre Burn
10:30am Vinyasa
11:00am Simply Strength
11:00am BODYBALANCE™ EX
12:00pm Kids Zumba®

SATURDAY 2/10

8:00am BODYPUMP™
8:15am Barre Burn
8:30am Yoga Flow
8:30am Studio Ride
9:15am BODYCOMBAT™
9:20am WATERinMOTION® EX
9:30am BODYBALANCE™
10:00am Hatha Yoga
10:15am Athletic H2O
10:15am Studio RIDE
10:30am Zumba®
10:45am Nia
11:15am Vinyasa
11:45am Athletic Conditioning
11:45am RPM™
12:00pm Barre Burn
12:30pm Yin/Nidra Yoga
12:45pm Line Dancing
1:00pm TaijiFit
1:45pm Simply Strength
2:00pm Yoga Restore

acac Short Pump Schedule

FRIDAY 2/9
4:45pm Step
5:45pm BODYPUMP™
6:00pm Yoga Flow
6:00pm RPM™
7:05pm BODYJAM™

SUNDAY 2/11
8:30am Barre
8:30am Power RIDE
9:30am Athletic Conditioning
9:30am BODYBALANCE™
10:00am STUDIO RIDE
10:00am Nia
10:45am BODYPUMP™
10:45am Gentle Yoga
11:00am Barre
11:00am Studio RIDE
12:00pm Dance Medley Kid Friendly

SATURDAY 2/10
8:15am BODYPUMP™
8:15am Gentle Yoga
8:30am Studio RIDE
9:00am WATERinMOTION®
9:30am Tabata
9:30am Studio RIDE
9:30am BODYCOMBAT™
9:30am Vinyasa
10:30am Zumba®
10:45am BODYBALANCE™
10:45am Studio RIDE
11:00am Barre
11:45am Step Stronger

The Ber's Bowl Story

Ber (“Bear”) is the 20-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 in later years for pediatric cancer research.