

acac Short Pump Schedule

FRIDAY 2/7

4:45pm Step Challenge

5:30pm Studio RIDE

5:30pm Yoga Flow

5:45pm BODYPUMP™

6:50pm BODYJAM™

SUNDAY 2/9

8:30am Studio RIDE

9:30am Athletic Conditioning

9:30am BODYBALANCE™

10:00am Nia

10:00am Studio RIDE

10:45am BODYPUMP™

10:45am Gentle Yoga

11:00am Barre

11:00am Rhythm RIDE

11:50am LM CORE

12:30pm Kids Strength

SATURDAY 2/8

8:15am BODYPUMP™

8:15am Cheeky

8:15am Gentle Yoga

8:30am Studio RIDE

8:45am Charmed

9:00am Deep H2O

9:30am Tabata

9:30am BODYCOMBAT™

9:30am Studio RIDE

9:30am Vinyasa

10:30am Zumba

10:45am Barre

11:00am Kids Yoga

11:45am Step Stronger

The Ber's Bowl Story

Ber ("Bear") is the 21-year-old son of **acac** Midlothian Personal Trainer and Group Exercise Instructor Amber van der Meer. He is an extremely special 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. Ber is 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 then for pediatric cancer research. This year, we are honored to support **acac** Midlothian Facilities Director Todd Miller in his fight against cancer.