

acac Short Pump Schedule

FRIDAY 2/6

4:45pm Athletic Conditioning
5:30pm Studio Ride
5:30pm Yoga Flow
5:45pm BODYPUMP™
6:50pm BODYJAM™

SUNDAY 2/8

8:30am Studio Ride
9:00am Aqua Zumba
9:30am Athletic Conditioning
9:30am BODYBALANCE™
10:00am Nia
10:00am Studio Ride
10:45am BODYPUMP™
10:45am Gentle Yoga
11:00am Barre
11:50am LES MILLS CORE
12:30pm Kids Strength

SATURDAY 2/7

8:15am BODYPUMP™
8:15am Cardio Sculpt
8:15am Gentle Yoga
8:30am Studio Ride
9:00am Deep H2O
9:30am Tabata
9:30am BODYCOMBAT™
9:30am Studio Ride
9:30am Vinyasa
10:30am Zumba
10:30am Bike & Burn
10:45am Barre
11:00am Kids Yoga
11:45am Simply Strength
2:00pm Partner Yoga

The Ber's Bowl Story

Ber ("Bear") is the 22-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, and occasionally to support other cancer fighters in the **acac** community.