

acac Group Class Schedule

Group Exercise | Mind Body | Aquatics | Small Group Training

January - April 2012



Where to start in group classes:

Group classes are held at all three of our Charlottesville locations and are included in your **acac** membership.

acac Downtown 434.984.3800
acac Albemarle Square 434.978.3800
acac Crozet 434.817.2055

Please consult the class descriptions and levels on pages 8-9 to choose the right class for you. This information is also available at Member Services. In the class schedules on the following pages, look for classes highlighted in green. This color indicates classes appropriate for new participants. If you are not sure where to start, ask an **acac** team member for assistance.

How to have a successful group class experience:

- Wear comfortable clothes and appropriate footwear. Please refrain from wearing perfumes or heavily scented lotions.
- Bring a water bottle and towel supplied at Member Services.
- Make sure to arrive early so you have time to set up equipment and speak with the instructor if you have any questions.
- The warm-up is essential to your safety. Do not enter a class more than 10 minutes after the listed start time.
- Cool-down and stretching are very important components to a group class and your safety. Please do not leave class early.

Inclement Weather Policy:

In the event of a two-hour delay or school closing in the Albemarle County School District, regularly scheduled morning **acac** exercise classes are cancelled at Albemarle Square, Downtown and Crozet. Special classes will be held at 10:00 and 10:15 at Albemarle Square and Downtown. The regular class schedule resumes at 11:30am. In the event of an afternoon, evening or weekend snow, please contact Member Services, check the website for class status, or join our Group Class News e-mail lists for all class updates.

GROUP EXERCISE | acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am Athletic Conditioning: Strength Interval (G) <i>Blaise S</i>	6:00-7:00am Athletic Cond: Cardio Max (G) <i>Blaise S</i>	6:00-7:00am Athletic Cond: Strength Interval (G) <i>Chris C</i>	6:00-7:00am Athletic Cond: Cardio Max (G) <i>Chris C</i>	6:00-7:00am BodyPUMP™ (G) <i>Mishka W</i>		
6:00-7:00am Cycle (CS) <i>Basia N</i>		6:00-7:00am Cycle (CS) <i>Ian A</i>		6:00-7:00am Pedal & Kettle (CS) <i>Melissa H</i>	8:05-8:55am Athletic Cond. (G) <i>Blaise S/Dana L</i>	
9:15-10:15am Bosu, Pedal & Kettle (CS) <i>Kirsten R</i>	9:15-10:15am Cycle (CS) <i>Ashley J</i>	9:15-10:15am Cycle/CORE (CS/G) <i>Amy E</i>	9:15-10:15am Kettlebell Conditioning (CS) <i>Dana L</i>	9:15-10:15am Cycle/Box (CS/G) <i>Rob A/Vanessa S</i>	8:45-9:45am Cycle (CS) <i>Meg Y/Kirsten R</i>	
9:15-10:15am Zumba® (G) <i>Caryn G/Polly L</i>	9:15-10:15am Baby Boot Camp* (G) <i>Kira S</i>				9:00-9:50am Athletic Cond. (G) <i>Blaise S/Dana L</i>	
10:20-11:20am Pump Challenge (G) <i>Chris C</i>	10:20-10:55am Stretch (A) <i>Shannon W/Margaret-Anne</i>	10:20-11:20am Strength Circuit (G) <i>Jackie A</i>	10:20-10:55am Stretch (A) <i>Shannon W</i>	10:20-11:20am BodyPUMP™ (G) <i>Vanessa C</i>	10:00-11:00am BodyPUMP™ (G) <i>Holly H/Chariya F</i>	
11:25am-12:05pm Balance Foundations (G) <i>Zach B</i>	10:30-11:30am Zumba® (G) <i>Natasha B</i>	11:25am-12:05pm Balance Foundations (G) <i>Zach B</i>		11:30am-12:00pm CORE Etc. (G) <i>Harriett H</i>	11:15am-12:15pm Zumba® Plus (G) <i>Gerardo J</i>	3:30-3:45pm BodySTEP™ 101 (G) <i>Heather L/Holly H</i>
12:10-12:55pm Athletic Boxing EX (G) <i>Vanessa S</i>	12:10-12:55pm H.I.T. Cycle (CS) <i>Lise R</i>	12:10-12:55pm BodySTEP™ EX (G) <i>Erin G/Natasha B</i>	12:10-12:55pm Pedal & Kettle (CS) <i>Vanessa S/Kirsten R</i>	12:10-12:55pm Athletic Boxing EX (G) <i>Harriett H</i>		3:45-4:45pm BodySTEP™ (G) <i>Heather L/Holly H</i>
	12:10-12:55pm BodyPUMP™ EX (G) <i>Holly H</i>	12:10-12:55pm Biathlon (CS) <i>Kirsten R/Vanessa S</i>	12:10-12:55pm BodyPUMP™ EX (G) <i>Whitney M</i>	12:10-12:55pm Kettlebell Cond. EX (CS) <i>Vanessa S</i>		4:15-5:15pm Cycle Plus (CS) <i>Rotation</i>
4:25-5:25pm Athletic Cond. (G) <i>Harriett H</i>	4:35-5:20pm BodySTEP™ EX (G) <i>Holly H</i>	4:25-5:25pm BodyPUMP™ (G) <i>Karen H</i>	4:25-5:25pm Athletic Cond. (G) <i>Jenn C</i>			
		4:25-5:25pm Pedal & Kettle (CS) <i>Harriett H</i>		First Friday Group Exercise See web schedule		
5:30-6:30pm Cycle (CS) <i>Meg Y</i>	5:25-5:40pm CORE (G) <i>Harriett H</i>	5:30-6:30pm Cycle (CS) <i>Kate N</i>	5:30-6:30pm Hip Hop (G) <i>Adie P</i>			
5:30-6:30pm Kick-n-Cardio (G) <i>Kim M</i>	5:45-6:45pm Boxing Fitness (G) <i>Harriett H</i>	5:30-6:30pm Zumba® (G) <i>Greta V</i>				
6:35-7:35pm Pump Challenge (G) <i>Chris C</i>	6:00-7:00pm Cycle Plus (CS) <i>Melissa H</i>	6:35-7:35pm Kettlebell Conditioning (CS) <i>Melissa H</i>	6:35-7:35pm BodyPUMP™ (G) <i>Erin G</i>			
6:45-7:30pm Cycle EX (CS) <i>Meg Y runs 1/2/12 - 3/5/12.</i>						

(A) Mind Body Studio A
 (B) Mind Body Studio B
 (CS) Cycle Studio
 (G) Group Exercise Studio

Ideal for beginners!
 For 7-12 year olds
 New Class
 Offered once per month
Check web schedule for details
 Advance sign-up required
 Baby Boot Camp® is free with a Family Membership, \$5.00 per class with an individual membership.

All these Group Exercise and Mind Body Classes are included with your **acac** membership!

MIND BODY | acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15-7:15am Multi-Level Yoga (A) <i>Pilar T</i>					
7:15-8:15am Multi-Level Yoga (C) <i>Eiley P</i>	7:15-8:15am Vinyasa Yoga (C) <i>Hilary S</i>	7:15-8:15am Multi-Level Yoga (C) <i>Hope H</i>	7:15-8:15am Vinyasa Yoga (C) <i>Hope H</i>	7:15-8:15am Multi-Level Yoga (C) <i>Eiley P</i>	8:05-9:00am Mat Pilates (C) <i>Dinah G</i>	
	8:00-9:00am Qigong (A) <i>Hiroimi J</i>	8:00-9:00am Mat Pilates (A) <i>Maggie G</i>	9:00-10:00am Mat Pilates (C) <i>Dinah G</i>		9:05-10:00am Mat Pilates (C) <i>Dinah G</i>	
9:00-10:10am Nia® (A) <i>Mary Linn B</i>	9:00-10:10am Nia® (A) <i>Jeanne C</i>	9:00-10:10am Nia® (A) <i>Loring M</i>	9:00-10:10am Nia® (G) <i>Susan M</i>	9:00-10:10am Nia® (A) <i>Susan M</i>	9:00-10:10am Nia® (A) <i>Anne W</i>	
	9:00-10:00am Tai Chi Chen Ming (C) <i>Hiroimi J</i>	9:15-10:15am Group Reformer (P) <i>Nanette H</i>	9:00-10:00am Tai Chi (A) <i>Hiroimi J</i>	9:15-10:15am Group Reformer (P) <i>Grace D</i>	10:00-11:00am Group Reformer (P) <i>Ellie T/Grace D</i>	
9:15-10:45am Ashtanga Yoga (C) <i>Kiki A</i>	10:15-11:15am Hatha Flow Yoga (C) <i>Jackie A</i>	9:15-10:45am Ashtanga Yoga Improv (C) <i>John P</i>	10:15-11:15am Hatha Flow Yoga (C) <i>Jackie A</i>	9:15-10:45am Ashtanga Yoga (C) <i>John P</i>	10:15-11:15am Multi-Level Hatha Yoga (C) <i>Gina K</i>	
	10:20-10:55am Stretch (A) <i>Shannon W/Margaret-Anne</i>		10:20-10:55am Stretch (A) <i>Shannon W</i>		10:15-11:30am Intro to Hatha Yoga (A) <i>Alex M</i>	10:15am-12:00pm Ashtanga Yoga (C) <i>John P</i>
			11:00am-12:00pm Alexander Technique (A) <i>Jeannette P</i>			
11:25am-12:05pm Balance Foundations (G) <i>Zach B</i>	12:15-1:15pm Nia® (A) <i>Anne W</i>	11:25am-12:05pm Balance Foundations (G) <i>Zach B</i>	12:15-1:15pm Nia® (A) <i>Anne W</i>		11:00am-12:00pm Group Reformer 101 (P) <i>Ellie T/Grace D</i>	
12:15-1:15pm Meditation (A) <i>Teresa M</i>	12:15-1:15pm Group Reformer (P) <i>Kate N</i>	12:15-1:15pm Prenatal Pilates (A) <i>Ellie T</i>	12:15-1:15pm Group Reformer (P) <i>Ellie T</i>	12:15-1:15pm Mat Pilates 101 (A) <i>Lise R</i>	11:30am-12:45pm Vinyasa Yoga (C) <i>Pilar T</i>	12:30-1:30pm Yoga for Healing & Wellness (C) <i>Patti Y</i>
12:15-1:15pm Multi-Level Yoga (C) <i>Blossom D</i>	12:15-1:15pm Hatha Flow Yoga (C) <i>Meg J</i>	12:15-1:15pm Easy Does It Yoga (C) <i>Marla C</i>	12:15-1:15pm Multi-Level Yoga (C) <i>Kiki A</i>	12:15-1:15pm Multi-Level Yoga (C) <i>Blossom D</i>		1:45-3:00pm Hatha Yoga (C) <i>Patti Y</i>
	4:15-5:15pm Vinyasa Yoga (C) <i>Stephanie M</i>	4:15-5:15pm Group Reformer (P) <i>Kate N</i>				3:15-4:30pm Vinyasa Yoga (C) <i>Hilary S</i>
4:15-5:15pm Vinyasa Ashtanga Yoga Improv (C) <i>Sabine S</i>	4:15-5:00pm Karate-Youth All Ranks (CS) <i>Don N</i>	4:15-5:15pm Vinyasa Yoga (C) <i>Pilar T</i>	4:15-5:15pm Vinyasa Yoga (C) <i>Jasmine M</i>	4:30-5:30pm Afri-Cardio (A) <i>Christine D</i>		4:00-5:30pm Nia® Renew (A) <i>Jeanne C/Loring M</i>
	4:30-5:15pm Lean Conditioning (A) <i>Faith L</i>	4:30-5:30pm Hatha Yoga (A) <i>Jeannette P</i>		4:30-5:30pm Hatha Yoga (C) <i>Alex M</i>		
5:30-6:45pm Nia® (A) <i>Jeanne C</i>	5:00-5:45pm Karate-Youth Advanced (CS) <i>Rick W</i>		5:30-6:45pm Intro to Hatha Yoga (A) <i>Patti Y</i>	5:30-6:30pm Group Reformer (P) <i>Ellie T</i>		
5:30-7:00pm Vinyasa Yoga (C) <i>Pilar T</i>	5:30-6:45pm Prenatal Yoga (A) <i>Jen F</i>	5:30-7:00pm Ashtanga Yoga (C) <i>Sabine S</i>	5:30-6:45pm Multi-Level Yoga (C) <i>Gina K</i>	First Friday Mind Body Special See Web schedule		
5:30-6:30pm Group Reformer (P) <i>Ellie T</i>	5:30-7:00pm Yin Yoga (C) <i>Pilar T</i>	5:45-6:45pm Nia® (A) <i>Mary Linn B</i>		1st Friday of the month Nia® Jam See Web schedule		
		6:30-7:30pm Group Reformer (P) <i>Rebecca B</i>				
7:00-8:00pm Mat Pilates (A) <i>Ellie T</i>		6:45-8:15pm Karate Adult Class (G) <i>Bradley D/Megan R</i>				
7:45-8:30pm Kendo Class (G) <i>Chris D/Rick W</i>	7:15-8:15pm Vinyasa Yoga (C) <i>Jasmine M</i>	7:15-8:15pm Multi-Level Yoga (C) <i>Nina J</i>	7:15-8:15pm Hatha Yoga (C) <i>Christine D</i>			
8:30-9:15pm Kendo Workout (G) <i>Chris D/Rick W</i>		8:15-9:15pm Karate Adult Workout (G) <i>Bradley D/Megan R</i>				

- (A) Mind Body Studio A
- (B) Mind Body Studio B
- (C) Mind Body Studio C
- (P) Pilates Studio
- (CS) Cycle Studio
- (G) Group Exercise Studio

- Ideal for beginners!
- For 7-12 year olds
- New Class
- Offered once per month
Check web schedule for details
- Advance sign-up required
- Instructor pre-approval required before participation
See Member Services for details.

Group Reformer Class Sign-up: Members may reserve a spot in a Group Reformer Class, 48 hours in advance. Please call the acac class location or sign-up in person at Member Services. Members must have charge to account to register early. Early check-in is required prior to class start time.

Group Reformer Class Cancellation: Cancel reservations by calling the acac class location or in person at Member Services. To avoid a \$25 fee, cancel your reservation at least two hours prior to the class start time.

Get current schedule information on acac.com. Classes are subject to change.

AQUATIC EXERCISE

acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-7:45am Deep Water EX (A) Linda B		7:00-7:45am Deep Water Interval (A) Kristen H			
9:30-10:30am Water Exercise (A) Jackie A		9:30-10:30am Water Exercise (A) Vanessa S	9:30-10:15am Deep Water EX (A) Vanessa S	9:30-10:15am Water Exercise (A) Kirsten R		
10:35-11:20am Aqua Strength (WW) Shannon W		10:35-11:20am Baby & Me (WW) Heather G		10:20-11:05am Aqua Strength (WW) Margaret-Anne N	10:35-11:35am Aqua Nia (A) Antje W/Loring W 1st & 3rd Sat. of month	
	11:00-11:45am Aqua Strength (WW) Shannon W/Margaret-Anne					
	12:00-12:45pm Deep Water EX (A) Jackie A	12:00-12:45pm Aqua Yoga (WW) Shannon W	12:00-12:45pm Deep Water EX (A) Kate N			
		5:15-6:00pm Deep Water EX (A) Jill W	6:00-6:45pm Prenatal Water EX (A) Linda B			

AQUATIC EXERCISE

acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:00am Deep Water EX (A) Kathi M		6:15-7:00am Deep Water Interval (A) Melissa H		6:15-7:00am Deep Water EX (A) Frank S	8:30-9:15am Deep Water EX (A) Frank S	
9:15-10:15am Water Exercise (A) Nanette H	9:15-10:15am Water Exercise (A) Chris O	9:15-10:15am Water Exercise (A) Magen B	9:15-10:15am Water Exercise (A) Carolin M	9:15-10:15am Water Exercise (A) Jackie A	9:30-10:20am Aqua Zumba (A) Natasha B	
10:20-11:00am Aqua Strength (WW) Sara C	10:15-11:15am Senior Aquatics (A) Beth N	10:20-11:00am Aqua Strength (WW) Magen B	10:15-11:15am Senior Aquatics (A) Beth N	10:20-11:00am Aqua Strength (WW) Jill W		10:00-11:00am Aqua Interval (A) Beth C/Melissa H
	10:20-11:00am Aqua Strength (WW) Chris O		10:20-11:00am Aqua Strength (WW) Vicki S	11:00-11:45am Arthritis Plus (WW) Kristen H		
11:00-11:45am Arthritis Plus (WW) Sara C		11:00-11:45am Arthritis Plus (WW) Mary G	11:20am-12:00pm Fibromyalgia Exercise (WW) Beth N	11:00am-12:00pm Senior Aquatics (A) Beth N		
12:15-1:00pm Deep Water EX (A) Christy W	12:15-1:00pm Deep Water EX (A) Vicky S	12:15-1:00pm Deep Water EX (A) Mary G	12:15-1:00pm Deep Water EX (A) Margaret-Anne N	12:15-1:00pm Deep Water EX (A) Jill W		
1:15-2:15pm Senior Aquatics (A) Beth N		1:15-2:15pm Senior Aquatics (A) Beth N				
4:30-5:15pm Youth Water Fun (A) Jill W						
5:30-6:15pm Deep Water EX (A) Beth V	5:00-5:45pm Aqua Interval EX (A) Kathi M		5:30-6:30pm Aqua Interval (A) Debbie R			
6:15-7:00pm Prenatal Water EX (A) Amanda H	5:45-6:30pm Water Exercise EX (A) Mary G					
7:00-7:45pm Fibromyalgia Ex (WW) Amanda H						

(A) Activity Pool
(WW) Warm Water Pool

- Ideal for beginners!
- For 7-12 year olds
- New Class
- First and third Saturday of each month

Lap Lane Policy: If a class/program includes 8 or more participants, the lap lane will be removed 5 minutes prior to or within 10 minutes of the start of the class/program.

Please Note: These are aquatics classes only, please see Member Services or acac.com for the Pool Usage Schedule.

All these Aquatic Exercise Classes are included with your **acac** membership!

GROUP EXERCISE

acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am Cycle EX (M) Michelle K	6:00-7:00am BodyPUMP™ (A) Beth C	6:00-6:45am Cycle EX (M) Alice F	6:00-7:00am BodyPUMP™ (A) Chariya F	6:00-7:00am Cycle (M) Barb C		
6:50-7:05am Kettle/CORE (B) Michelle K		6:00-6:45am ChoreoStep (A) Shirley W		6:00-6:45am ChoreoStep (A) Shirley W		
8:30-8:45am Aeromix 101 (A) Natasha B/Christine O-T		6:50-7:05am Kettle/CORE (B) Alice F			8:30-8:45am Choreostep 101 (A) Kelly R/BJ S	
8:45-9:30am Aeromix (A) Natasha B/Christine O-T	8:45-9:30am ChoreoStep EX (A) Christine O-T	8:45-9:30am Zumba® EX (A) Caryn G	8:45-9:30am ChoreoStep EX (A) Teresa H	8:45-9:30am Zumba® EX (A) Natasha B	8:45-9:30am ChoreoStep Lite (A) Kelly R/BJ S	
	9:00-10:00am Kettlebell Power Endurance (B) Vanessa S/Susan M		9:00-10:00am Kettlebell Skill Building (B) Magen B/Kelly R		8:45-9:30am Kettlebell Skill Building (B) Susan M/Carolin M	
9:20-10:20am Cycle (M) Rob A	9:20-10:20am Cycle (M) Barb C	9:30-10:10am Stretch (B) Phil R	9:20-10:20am Cycle (M) Ashley J	9:20-10:35am Pedal & Kettle (M) Jenn C		
9:35-10:35am BodySTEP™ (A) Whitney M	9:35-10:35am BodyPUMP™ (A) Amy E	9:35-10:35am Athletic Cond. (A) Sandy A	9:35-10:35am BodyPUMP™ (A) Tricia B	9:35-10:35am BodySTEP™ (A) Tricia B	9:35-10:35am Kick-n-Cardio (A) Kim M	
	10:30-11:20am Balance Challenge (B) Phil R/Kathryn T		10:30-11:20am Balance Workout (B) Phil R/Amanda H		9:45-10:45am Cycle (M) Dee Dee W/Ashley J	10:30-11:30am Athletic Cond. (A) Carolin M/BJ S
10:40-11:20am Stretch (B) Mary G	10:45-11:45am Pump Lite (A) Magen B		10:45-11:45am Pump Lite (A) Beth V	10:40-11:20am Stretch (A) Kathryn T	10:45am-12:00pm BodyPUMP/STEP Interval (A) Natasha B/Erin G/ Mishka W	
11:30am-12:15pm Lite-n-Lively (B) Greta V		11:30am-12:15pm Lite-n-Lively (B) Carolin M		11:30am-12:15pm Lite-n-Lively (A) Natasha B/Kelly R		11:35am-12:20pm CORE Etc. (A) Michelle K
12:15-1:00pm Cycle EX (M) Amy E	12:15-1:15pm Athletic Cond. (A/court) Jacob M	12:15-1:00pm Cycle EX (M) Dana L		12:15-1:00pm Cycle EX (M) Sam J		
12:25-1:25pm BodyPUMP™ (A) Teresa H			3:00-3:45pm Balance Foundations (B) Beth V/Kathryn T	12:25-1:25pm BodyPUMP™ (A) Kelly R		
4:25-5:25pm BodySTEP™ (A) Carolin M	4:25-5:25pm BodyPUMP™ (A) Caroline W	4:25-5:25pm BodySTEP™ (A) Rotation	4:25-5:25pm BodyPUMP™ (A) Amy E	4:25-5:25pm Athletic Cond. (A) BJ S		2:15-2:30pm BodyPUMP™ 101 (A) Rotation
	4:30-5:15pm Zumbatomic* (B) Greta V		4:30-5:15pm Youth Boot Camp (B) Jason W	4:30-5:15pm Youth Strength (B) Jill W		2:30-3:30pm BodyPUMP™ (A) Rotation
5:30-6:30pm BodyPUMP™ (A) Whitney M	5:30-6:30pm BodySTEP™ (A) Whitney M	5:30-6:30pm Athletic Cond. (A) Carolin M	5:30-6:15pm Zumba® EX (A) Erika B	5:30-6:30pm BodyPUMP™ (A) Carolin M		3:45-4:45pm Zumba® (A) Rotation
5:45-6:45pm Cycle (M) Magen B			5:30-6:15pm Kettlebell Power Endurance (B) Melissa H			
5:45-6:30pm Kettlebell Skill Building (B) Beth C			5:45-6:45pm Cycle (M) Dana L			
6:35-6:45pm Zumba® 101 (A) Greta V	6:35-7:35pm Hip Hop (A) Adie P	6:35-7:35pm BodyPUMP™ (A) Amanda H	6:20-6:40pm CORE (A) Melissa H			
6:35-7:35pm Boxing Bootcamp (B) Jennifer B						
6:45-7:35pm Zumba® (A) Greta V						

- (A) Group Exercise Studio A
- (B) Group Exercise Studio B
- (MB) Mind Body Studio
- (M) Mezzanine
- (P) Pilates Studio

- Ideal for beginners!
- For 7-12 year olds
- New Class
- Advance sign-up required
- Instructor pre-approval required before participation
See Member Services for details.

All these Group Exercise Classes are included with your acac membership!

MIND BODY

acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:15am Vinyasa Yoga (MB) <i>Maritza H</i>			8:30-9:30am Group Reformer (P) <i>Christy W</i>			
9:00-10:00am Easy-Does-It Yoga (MB) <i>Rhea B</i>	9:00-10:30am Ashtanga Yoga Improv (MB) <i>John P</i>	9:00-10:00am Hatha Yoga (MB) <i>Meg J</i>	9:00-10:30am Ashtanga Yoga (MB) <i>John P</i>	9:00-10:00am Hatha Flow Yoga (MB) <i>Rhea B</i>	8:15-9:15am Hatha Yoga (MB) <i>George G</i>	9:00-10:30am Kripalu Yoga (MB) <i>Helen G</i>
9:00-10:00am Mat Pilates (B) <i>Maggie G</i>	9:00-10:00am Group Reformer (P) <i>Christy W</i>	9:30-10:10am Stretch (B) <i>Phil R</i>		9:00-10:00am Mat Pilates w/Equip (B) <i>Dinah G</i>	9:30-11:00am Ashtanga Yoga (MB) <i>Melissa C</i>	9:00-10:30am Karate&Kendo Workout (B) <i>Rick W/Chris D</i>
		10:15-11:15am Hatha Flow Yoga (MB) <i>Meg J</i>		10:00-11:00am Group Reformer (P) <i>Nanette H</i>	9:45-10:45am Nia® (B) <i>Samantha L/Susan M</i>	10:30am-12:00pm Karate&Kendo Class (B) <i>Rick W/Chris D</i>
10:15-11:30am Nia® Lite (MB) <i>Antje W</i>	10:30-11:20am Balance Challenge (B) <i>Phil R/Kathryn T</i>	10:15-11:30am Nia® Lite (B) <i>Antje W</i>	10:30-11:20am Balance Workout (B) <i>Phil R/Amanda H</i>	10:15-11:15am Easy-Does-It Yoga (MB) <i>Rhea B</i>		10:45-11:45am Hatha Flow Yoga (MB) <i>Martha C</i>
10:40-11:20am Stretch (B) <i>Mary G</i>		10:45am-12:00pm Nia® (A) <i>Susan M</i>	10:45-11:45am Breathing and Meditation (MB) <i>Leela L</i>	10:40-11:20am Stretch (A) <i>Kathryn T</i>	11:00am-12:00pm Qigong/Taiji Movements (B) <i>Peter M</i>	12:30-1:30pm Nia® (MB) <i>Mary Linn B</i>
10:45am-12:00pm Nia® (A) <i>Susan M</i>	11:00am-12:00pm Chair Yoga (MB) (For Seniors) <i>Alex M</i>	11:30am-12:30pm Group Reformer (P) <i>Grace D</i>		11:25am-12:25pm Nia® (B) <i>Mary Linn B</i>	11:15am-12:15pm Multi-Level Yoga (MB) <i>Stephanie M</i>	2:00-3:00pm Beginner Belly Dance (MB) <i>Joy R</i>
12:15-1:15pm Multi-Level Yoga (MB) <i>Rhea B</i>	12:15-1:15pm Intro to Hatha Yoga (MB) <i>Alex M</i>	12:30-1:30pm Mat Pilates (MB) <i>Grace D</i>	12:00-1:15pm Prenatal Yoga (MB) <i>Eliza W/Leela L</i>	11:30am-12:30pm Senior Yoga (MB) <i>Sara O</i>		3:30-5:00pm Restorative Yoga (MB) <i>Kathleen K/Marla C</i>
12:30-1:30pm Tai Chi- Movements (B) <i>David R</i>		12:30-1:30pm Tai Chi- Movements (B) <i>David R</i>		12:35-1:30pm Tai Chi- Movements (B) <i>David R</i>		
				12:45-1:45pm Mat Pilates (MB) <i>Beth C</i>		
1:30-2:00pm Tai Chi-Yang Short Form (B) <i>David R</i>		1:30-2:30pm Tai Chi- Push Hands (B) <i>David R</i>	3:00-3:45pm Balance Foundations (B) <i>Beth V/Kathryn T</i>	1:35-2:00pm Tai Chi-Yang Short Form (B) <i>David R</i>		
4:30-5:30pm Hatha Yoga (MB) <i>Jasmine M</i>	4:30-5:30pm Advanced Hatha Yoga (MB) <i>Alex M</i>	4:30-5:30pm Hatha Yoga (MB) <i>Alex M</i>	4:30-5:30pm Hatha Yoga (MB) <i>Amy P</i>			
4:30-5:25pm Mat Pilates (B) <i>Sharon S</i>	4:30-5:25pm Group Reformer 101 (P) <i>Kate N</i>					
	5:30-6:30pm Group Reformer (P) <i>Kate N</i>	5:00-6:00pm Mat Pilates 101 (B) <i>Maggie G/Sharon S</i>	6:00-7:30pm Vinyasa Yoga (MB) <i>Hilary S</i>	5:15-6:30pm Karate Youth Workout (B) <i>Rick W</i>		
	5:30-6:30pm Nia® (B) <i>Kristy H</i>	6:00-7:15pm Advanced Hatha Yoga (MB) <i>Alex M</i>	6:30-7:30pm Nia® (B) <i>Kristy H</i>	First Friday Mind Body Special See Web schedule		
6:00-7:30pm Gentle Hatha Yoga (MB) <i>Alex M</i>	6:00-7:30pm Ashtanga Yoga Improv (MB) <i>Suzanne Y</i>		6:45-7:00pm Kendo Workout (A) <i>Chris D/Rick W</i>	6:30-7:45pm Kendo Workout (A) <i>Chris D</i>		
	6:45-8:15pm Karate Adult Class (B) <i>Rick W</i>		7:00-8:30pm Kendo Class (A) <i>Chris D/Rick W</i>	6:30-7:45pm Karate Adult Workout (B) <i>Edmund C</i>		
	8:15-9:15pm Karate Adult Workout (B) <i>Rick W</i>		8:30-9:15pm Kendo Workout (A) <i>Chris D/Rick W</i>			

- (A) Group Exercise Studio A
- (B) Group Exercise Studio B
- (MB) Mind Body Studio
- (P) Pilates Studio

- Ideal for beginners!
- For 7-12 year olds
- New Class
- Offered twice per month
Check web schedule for details
- Advance sign-up required
- Instructor pre-approval
required before participation
See Member Services for details.

Group Reformer Class Sign-up:
Members may reserve a spot in a Group Reformer Class, 48 hours in advance. Please call the **acac** class location or sign-up in person at the Member Services. Members must have charge to account to register early. Check-in is required at Member Services prior to class start time.

Group Reformer Class Cancellation:
Cancel reservations by calling the **acac** class location or in person at Member Services. To avoid a \$25 fee, cancel your reservation at least two hours prior to the class start time.

ALL CLASSES

acac CROZET

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30am Hatha Yoga <i>Alex M</i>	9:30-10:30am Athletic Cond. <i>Jennifer B</i>	9:00-9:45am Mat Pilates EX <i>Laura P</i>	9:30-10:30am Athletic Cond. <i>Vanessa C</i>	9:30-10:30am Multi-Level Yoga <i>Leela L</i>	9:30-10:30am Athletic Cond. <i>Vanessa C/Vanessa S</i>	
	10:35-11:05am Stretch/Balance <i>Carolyn H</i>	10:00-11:00am Strength Circuit <i>Vanessa C</i>				
4:30-5:30pm Strength Circuit <i>Jackie A</i>		5:30-6:45pm Hatha Integral Yoga <i>Leela L</i>	4:30-5:30pm Zumba® <i>Jennifer B</i>			

SMALL GROUP TRAINING

acac ALBEMARLE SQUARE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Jump Start <i>Nicole G</i>	5:30-6:00am TRX/Kettlebells <i>Magen B</i>		5:30-6:00am TRX/Kettlebells <i>Magen B</i>	6:00-7:00am TRX/Kettlebells <i>Magen B</i>		
9:00-10:00am The Commitment <i>Jenny P</i>	6:00-7:00am Intense Variety <i>Jenny F</i>		9:30-10:30am Reformer-Athletic Conditioning <i>Jenny F</i>	9:00-10:00am Kick it UP <i>Nicole G</i>		
10:45-11:45am TRX <i>Beth C</i>	7:00-8:00am Jump Start <i>Nicole G</i>			9:00-10:00am Reformer Workout <i>Nanette H</i>		
11:30am-12:30pm Jumpboard Reformer <i>Nanette H</i>	9:00-10:00am The Commitment <i>Jenny P</i>		2:00-3:00pm Kinesis and More <i>Beth C</i>	10:00-11:00am The Commitment <i>Jenny P</i>		
	10:00-11:00am Advanced Reformer <i>Jenny F</i>		4:30-5:30pm Mid-Life Makeover <i>Beth V</i>	11:00-11:30am Kettlebells <i>Beth C</i>		
4:00-5:30pm Take it Off <i>Bonnie F</i>	11:00am-12:00pm Reformer Workout <i>Nanette H</i>	4:00-5:00pm Take it Off <i>Bonnie F</i>	5:00-6:00pm Re-Energize <i>Nicole G</i>	11:00am-12:00pm Reformer 101 <i>Nanette H</i>		
5:30-6:30pm Weight No More <i>Vicky S</i>	1:00-1:30pm Kettlebells <i>Beth C</i>		5:00-6:00pm Equestrian Fitness <i>Kathryn T</i>	12:00-1:00pm Reformer-Athletic Conditioning		
	5:00-6:00pm Re-Energize <i>Nicole G</i>		6:00-7:00pm Mid-Life Makeover <i>Beth V</i>			
7:00-8:00pm Women's Circuit Training <i>Beth C</i>	5:30-6:30pm The Next Level <i>Kathryn T</i>					

Small Group Training Session Prices:

60 minute classes

	Member	Non-member
Single class	\$25	\$37.50
4 class pack	\$90	\$135
8 class pack	\$175	\$262.50

30 minute classes

	Member	Non-member
Single class	\$13	\$25
4 class pack	\$49.50	\$79
8 class pack	\$99	\$159

- 60 minute class pricing
- 30 minute class pricing
- Pricing differs from standard rates, see the Personal Trainer listed for pricing.

*Personal Trainer e-mails listed below.
Session descriptions can be found at Member Services.*

SMALL GROUP TRAINING

acac DOWNTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am High Intensity Triathlon Conditioning (H.I.TRI) <i>Adam G</i>	7:30-8:30am Drop-in <i>Adam G</i>	8:00-9:00am Jump Start <i>Nicole G</i>	6:30-7:00am TRX <i>Janine K</i>	8:30-9:30am Drop-in <i>Adam G</i>		
7:00-7:30am Cardio Minute <i>Adam G</i>	7:30-8:30am Iron Cardio <i>Laura C</i>	8:30-9:00am TRX <i>Joe H</i>	7:30-8:30am Iron Cardio <i>Laura C</i>	10:30-11:00am TRX <i>Joe H</i>		10:15-11:00am TRX <i>Janine K</i>
8:30-9:30am Drop-in <i>Adam G</i>	9:00-9:30am Weight Loss 101 <i>Joe H</i>	8:30-9:30am Drop-in <i>Adam G</i>	7:30-8:30am Drop-in <i>Adam G</i>	11:30am-12:00pm Cardio Minute <i>Adam G</i>	11:30am-12:00pm TRX <i>Shannon W</i>	3:30-4:30pm Small Grp Training <i>Vanessa C</i>
10:00am-10:30am Weight Loss 101 <i>Joe H</i>	9:30-10:00am Weight Loss 101 <i>Joe H</i>	10:15-11:15am Beginner Reformer <i>Nanette H</i>	8:15-9:15am Fit & Fabulous <i>Nicole G</i>	11:30am-12:30pm Maximum Intervals <i>Vanessa C</i>		
10:00-11:00am Maximum Intervals <i>Vanessa C</i>	10:30-11:00am Cardio Minute <i>Adam G</i>	11:30am-12:00pm Cardio Minute <i>Adam G</i>	10:30-11:00am Weight Loss 101 <i>Joe H</i>	1:00-2:00pm Drop-in <i>Adam G</i>		
11:30am-12:00pm TRX <i>Joe H</i>	11:30am-12:30pm Drop-in <i>Adam G</i>	1:00-2:00pm Drop-in <i>Adam G</i>	10:30-11:00am Cardio Minute <i>Adam G</i>	1:00-2:00pm Iron Cardio <i>Laura C</i>		
11:30am-12:00pm Cardio Minute <i>Adam G</i>	12:30-1:00pm Cardio Minute <i>Adam G</i>	1:00-2:00pm Iron Cardio <i>Laura C</i>	11:00-11:30am TRX <i>Joe H</i>	1:30-2:00pm TRX <i>Shannon W</i>		
12:15-12:45pm TRX <i>Shannon W</i>		4:00-4:30pm Cardio Minute <i>Adam G</i>	11:30am-12:30pm Drop-in <i>Adam G</i>	3:00-4:00pm Drop-in <i>Adam G</i>		
1:00-1:30pm Cardio Minute <i>Adam G</i>		4:30-5:30pm Drop-in <i>Adam G</i>	12:30-1:00pm Cardio Minute <i>Adam G</i>	5:00-5:30pm Cardio Minute <i>Adam G</i>		
1:00-2:00pm Iron Cardio <i>Laura C</i>		6:30-7:00pm H.I.TRI <i>Adam G</i>	3:00-4:00pm Maximum Intervals <i>Vanessa C</i>			
4:30-5:30pm Drop-in <i>Adam G</i>			6:00-6:30pm TRX <i>Shannon W</i>			
7:00-7:30pm TRX <i>Janine K</i>			6:30-7:00pm TRX <i>Janine K</i>			
			7:00-7:30pm TRX <i>Janine K</i>			

Sign up for these fee-based Small Group Training sessions by e-mailing the Personal Trainer:

- Adam G: adamgo@acac.com
- Beth C: bethc@acac.com
- Beth V: bethv@acac.com
- Bonnie F: bonnief@acac.com
- Janine K: janinek@acac.com
- Jenny F: jennyf@acac.com
- Jenny P: jenniferpe@acac.com
- Joe H: joeh@acac.com
- Kathryn T: kathrynt@acac.com
- Laura C: lauraco@acac.com
- Nanette H: nanetteh@acac.com
- Nicole G: nicolego@acac.com
- Phil R: philr@acac.com
- Shannon W: shannonw@acac.com
- Vanessa C: vanessac@acac.com
- Vicky S: victorias@acac.com

CLASS DESCRIPTIONS AND LEVELS

■ Aquatic classes
 ■ Mind Body
 ■ Group Exercise
 ■ Youth Classes
 ■ Please arrive early to allow time to set up equipment.
 ■ Sign-up required 15 minutes prior to class

Level 1: For those new to this particular exercise class and/or new to exercise programs.

Level 2: For those familiar with this particular exercise class and have some experience with exercise programs.

Level 3: For those active in this form of exercise class and are currently involved in an exercise program.

Class Name	Level	Class Description
Aeromix	Level 2	A high-energy, traditional floor aerobics class. Great for those who like to dance.
Afri-Cardio	Level 2	All the benefits of a regular cardio class, but with West African dance movements, expressive energy, and awesome music.
Alexander Technique	Level 2	Learn to organize natural movement around a free neck and spine. Helpful for relief of pain and other chronic problems, and improvement of any workout or daily task.
Aqua Interval/Deep Water Interval	Level 2	Aqua interval is for those ready to step up to a new level of cardiovascular conditioning and improved cardiovascular performance. Deep water interval incorporates Aqua Jogger™ flotation belts.
Aqua Nia®	Level 2	A Nia® class specifically designed to utilize the unique properties of water, delivering a safe, effective cardiovascular workout with whole body conditioning.
Aqua Strength	Level 2	Use the unique properties of water and styrofoam dumbbells to strengthen your entire body.
Aqua Yoga	Level 2	Traditional yoga techniques in the warm water pool to gently develop flexibility, strength & balance.
Arthritis Plus	Level 2	Exercises designed to promote functional endurance and musculoskeletal flexibility and strength.
Ashtanga Yoga	Level 2	A series of linked postures that creates a flowing class with deep breathing.
Ashtanga Yoga Improv	Level 2	An improvisational class based on the principles of Ashtanga Yoga.
Athletic Boxing	Level 2	Boxing bag work combined with athletic equipment drills for an intense cardio workout. Beginners should start with Boxing Fitness. Hand wraps are required. Purchase at the Logo Shop.
Athletic Conditioning	Level 2	Challenging cardio and strength class.
Baby Boot Camp®	Level 2	Parents, get a combination of cardio and strength workout with your baby or toddler in a stroller (Please bring stroller and use Downtown elevator.) Free w/ family membership. \$5 individual membership.
Baby & Me Water Ex	Level 2	Warm-water exercise class for parents and babies incorporating cardiovascular, strength, and flexibility movements. Free w/ family membership. \$5 for individual membership.
Balance	Level 2	A wide range of exercises that improve balance and core strength, and reduce the fear of falling. Foundations (Level 1)=Beginner Exercises, Challenge and Workout (Levels 2-3)=Intermediate to Advanced Exercises.
Belly Dance	Level 2	Learn to isolate your muscles and tone your entire body with Belly Dance.
Biathlon	Level 2	A combination of cycle, running, and may include athletic conditioning and core strength exercises.
BodyPUMP™	Level 2	This barbell class strengthens all major muscles in a motivating group environment. -BodyPUMP 101 allows time for new participants to meet the instructor and learn the basics.
BodySTEP™	Level 2	Utilizing the step in many positions and heights, this cardio class strengthens and shapes the lower body. -BodySTEP 101 allows time for new participants to meet the instructor and learn the basic moves.
PUMP/STEP Interval	Level 2	75 minute class with intervals of BodyPUMPTM and BodySTEP™ for one great workout.
Boxing Bootcamp	Level 2	A boxing class using weighted gloves and focus mitts. Hand wraps are required, weighted gloves are optional. Both are available for purchase at the Logo Shop.
Boxing Fitness	Level 2	A boxing class using bags, gloves, and focus mitts. Hand wraps are required. Purchase from the Logo Shop.
Chair Yoga	Level 2	Traditional Hatha Yoga adapted to meet the needs of Seniors without having to get on the floor.
ChoreoStep	Level 2	Multi-level choreography used for cardio work on the step. Beginners are encouraged to try BodySTEP™ or ChoreoStep Lite for more basic choreography if they've never stepped before.
Conscious Dance	Level 2	A lightly-guided and deeply meditative movement experience. There are no steps to learn, just a willingness to bring your body and self and put them into motion.
CORE	Level 2	Muscles used include abdominals, obliques, and lower back with a variety of equipment. -CORE Etc. (level 1-3): additional 15 minutes to incorporate more muscle groups.
Cycle	Level 2	Please bring headphones (Alb. Square only). This non-impact, cycling class is an great cardio & strength workout.
Cycle/Box	Level 2	This class combines cycle and boxing! Hand wraps are required. Purchase from the Logo Shop.
Deep Water EX	Level 2	Deep Water EX offers intense cardiovascular conditioning using Aqua Jogger™ flotation belts.
Easy-Does-It Yoga	Level 2	Intended for those who want a slower-paced, more relaxing yoga experience.
Express (EX)	Level 2	Classes that are listed as "EX" are 45 minutes in length to get you in and out and on with your day!
Fibromyalgia Exercise	Level 2	A low impact water exercise class for those who have Fibromyalgia and/or chronic fatigue. Class is cosponsored by the Central Virginia Chronic Fatigue and Fibromyalgia Association.
Group Reformer 101	Level 2	Learn the 5 basic principles of the Pilates reformer (spring-loaded resistance, pulleys and sliding carriage apparatus). Participants must attend this class several times in order to demonstrate mastery of the principles.

CLASS DESCRIPTIONS AND LEVELS (continued)

Aquatic classes
Mind Body
Group Exercise
Youth Classes
Please arrive early to allow time to set up equipment.
Sign-up required 15 minutes prior to class

Class Name	Level	Class Description
Group Reformer Pilates		The Pilates reformer will take your exercise to the next level, as limbs gain more strength and functional flexibility. Instructor permission required.
Hatha Yoga		An eclectic blend of several different styles of yoga. Poses are presented in progressive stages.
Hip Hop		Check out this fun class that will get you grooving with the latest hip hop moves.
Intro to Hatha Yoga		Safely introduces the basic yoga poses designed to balance the body's strength and flexibility.
Karate & Self Defense		Learn and practice formalities, stances and technique through kata, mat work and sparring.
Kettlebell Skill Building		Try this workout with uniquely shaped kettlebell strength training instruments. Build your core strength and focus on posterior muscle groups of the body.
Kettlebell Conditioning		Challenging cardio and strength workout that takes Athletic Conditioning up a level with Kettlebells.
Kettlebell Power Endurance		An intermediate challenging strength and cardio workout with kettlebells. Take Kettlebell Skill Building first.
Kendo		Practice traditional Samurai sword techniques, sword etiquette, partner exercises and sparring.
Kick-n-Cardio		This high intensity workout combines aerobics, boxing and martial arts.
Lean Conditioning		A total body toning class that will use your body weight to create a lean look all over.
Lite-n-Lively		A low-impact, moderate intensity cardiovascular workout.
Mat Pilates Mat Pilates 101		Mat-based Pilates focuses on strength, core stability and coordination and is adaptable for participants at a variety of skill levels. -Mat Pilates 101 breaks down the principles for safe, effective exercise. (5 classes recommended)
Meditation		Feel relaxed, peaceful, focused and develop more inner awareness.
Multi-Level Yoga		A blend of different yoga styles that vary in intensity.
Nia®		Nia® is a holistic workout that is both energizing and relaxing. Nia® uses a wide variety of movements to achieve fitness, balance, and well-being for the whole person.
Nia® Lite		This class is specifically designed for people with arthritis or other health conditions, and for others looking for an easy to follow, lower-intensity Nia® class.
Nia® Renew		This class is restorative, yet challenging with physical conditioning to the music and movement of Nia®. You will be guided with chimes, clapping or sound, in an environment that increases mental clarity and quiet.
Pedal & Kettle		This class combines cycling with kettlebell training. Challenge your body in a brand new way!
Prenatal Pilates		For any stage of pregnancy and 8-12 weeks postpartum. Focuses on stretching, strengthening, and relaxing. No experience necessary, but check with your physician before starting new exercise.
Prenatal Water EX		Customized to meet the needs of expectant moms.
Prenatal Yoga		Mothers-to-be in their 2nd and 3rd trimesters learn gentle yoga postures and breathing techniques.
Pump Challenge		A barbell class that challenges every muscle group and motivates with great music.
Pump Lite		This less-intense class uses various pieces of equipment to increase muscular strength and endurance.
Qigong/Taiji		Slow, gentle stretching and breathing exercises developed in China to improve health/longevity.
Restorative Yoga		The body is placed in restful postures with the support of props. All the postures will gently stretch the body while allowing for deep rest and relaxation.
Senior Aquatics		A thorough workout and great social experience, cosponsored by the Senior Center.
Stretch		A gentle, effective stretching class. Stretch Plus: Uses foam rollers, balls, and exercises that increase range of motion to unlock tight muscles and improve athletic performance.
Strength Circuit		Use a variety of equipment from stability balls to resistance bands for a total body workout.
Tai Chi		Martial art characterized by soft, slow, flowing movements performed with precision. Chen is a slightly more vigorous version of Tai Chi.
Vinyasa Yoga		A vigorous yoga practice that includes a selection of standing poses and some inverted postures.
Water Exercise		This class is designed with all levels in mind and features cardiovascular, strength and flexibility exercises.
Yin/Yang Yoga		Enjoy benefits of each style. Yin opens the body to more flexibility and energy flow through subtle channels while promoting a calm mind. Yang strengthens and invigorates the body and mind.
Yoga for Healing & Wellness		Gentle stretching, relaxation techniques, and breath work to help students regain their health by strengthening injuries or coping with the stress and fatigue associated with long-term illness.
Youth Fitness/Strength/ Bootcamp/WaterFun		Kids ages 7-12 participate in a variety of fitness games to increase coordination, balance and strength. Sign up required in the Albemarle Square Kids Zone. Free for family members, or a guest pass may be purchased.
Zumba®/Zumbatomic®		Come experience the latest Latin dance craze in this super-fun class. Learn elements of salsa, merengue, flamenco and more, while feeling like you're just out dancing. Zumbatomic® is for Kids ages 7-12.

According to research from the National Weight Loss Registry, of people who lost 30 pounds and kept it off for a year:

- 1% did it with exercise alone
- 10% did it with diet alone
- **89% did it with diet & exercise**

Get results...

personal training
small group training
nutrition

