



APRIL GROUP FITNESS

	Time	Class	Instructor	Location
Mon	9:10am-9:50am	Aqua Tone	Justin	Pool
	9:45am-10:30am	Sculpt & Tone	Alexandra	6th Floor
	11:00am-11:45am	Power Flow	Addie Grace	6th Floor
	12:00pm-12:45pm	HIIT 45	Brian	6th Floor
	12:15pm-1:00pm	Virtual Mat Pilates	Michele	Live Class via Zoom
	5:30pm-6:15pm	Ride in 45	Gina	Spin Studio
	5:30pm-6:30pm	Yoga Flow	Kathleen	6th Floor
	5:45pm-6:45pm	Reformer Pilates Class \$	Kelley	6th Floor
Tues	6:30am-7:30am	Barbell Bootcamp	Sharron	6th Floor
	9:30am-10:30am	Power Flow	Lane	6th Floor
	10:00am-10:55am	Reformer Pilates Class \$	Jillian	6th Floor
	12:00pm-12:45pm	Barre Pilates Fusion	Jillian	6th Floor
	5:30pm-6:15pm	Deep Stretch	Dayna	6th Floor
	5:30pm-6:15pm	Ride in 45	Ian	Spin Studio
Wed	6:30am-7:15am	Power Flow	Kathleen	6th Floor
	9:10am-9:50am	Deep Water HIIT	Justin	Pool
	9:30am-10:25am	Reformer Pilates Class \$	Alexandra	6th Floor
	9:30am-10:15am	360 Shred	Brian	6th Floor
	10:30am-11:00am	Mobility Movement	Brian	6th Floor
	11:30am-12:00pm	E.M.C.	Christina W.	6th Floor
	12:15pm-12:45pm	Express Ride	Christina W.	Spin Studio
	6:00pm-6:45pm	Ride in 45	Nate	Spin Studio
	6:15pm-7:00pm	Slow Flow	Kathleen	6th Floor
Thurs	6:30am-7:15am	Bootcamp	Christina H.	6th Floor
	9:30am-10:15am	Total Body Conditioning	Lauren	6th Floor
	12:15pm-1:00pm	Barre	Kiersten	6th Floor
	4:45pm-5:30pm	Slow Flow	Josh	6th Floor
	5:45pm-6:30pm	Bootcamp	Madeleine	6th Floor
Fri	6:30am-7:15am	Power Flow		6th Floor
	9:10am-9:50am	Aqua Tone	Justin	Pool
	10:15am-11:00am	Mat Pilates	Jillian	6th Floor
	11:15am-11:45am	Virtual HIIT	Michele	Live Class via Zoom
	12:00pm-12:45pm	Revival Flow	Josh	6th Floor
	12:00pm-12:55pm	Reformer Pilates Class \$	Jillian	6th Floor
Sat	9:00am-9:30am	HIIT 30	Jennifer M.	6th Floor
	9:30am-10:15am	Ride in 45	Erin	Spin Studio
	9:45am-10:30am	Power Flow	Josh	6th Floor
	10:45am-11:30am	Barre	Bella	6th Floor
	12:00pm-12:45pm	Yoga for Everyone	Kathleen	6th Floor
Sun	9:00am-9:45am	Ride in 45	Laura	Spin Studio
	9:30am-10:00am	Junior Gym (Ages 18mo - 3yrs)	JumpBunch	Basketball Court
	10:00am-10:30am	Junior Gym (Ages 3- 5 Years)	JumpBunch	Basketball Court
	10:30am-11:00am	Junior Gym (Ages 6 - 10 Years)	JumpBunch	Basketball Court
	10:15am-11:00am	Movement & Meditation	Lane	6th Floor
	11:30am-12:15pm	Bootcamp	Madeleine	6th Floor

Please book your class on the ACC app. Schedule is subject to change. \$ indicates an additional fee.



CLASS DESCRIPTIONS

AQUA TONE (POOL - 4TH FLOOR)

An upgrade from traditional water aerobics; focus on one or more exercises that will tighten the core and provide a cardio workout. Class includes boxing, water aerobics, aqua belts, and swimming components.

BARBELL BOOTCAMP

A total body strength workout using barbells, free weight, and body weight to create toned muscles. This workout is for all levels. You can vary the intensity by adjusting your weights. Be prepared to sweat, move and groove to some upbeat music!

BARRE

Barre is an upbeat exercise workout that integrates interval training with muscle-shaping isometrics to quickly and safely re-shape your entire body. This low-impact workout combines the grace of the ballet bar with the wisdom of yoga and the strength of Pilates. The class also incorporates stretching segments after each strengthening series, lengthening your body and increasing flexibility while you tone. You will become strong like an athlete, long and lean like a dancer.

BARRE/CYCLE (6TH FLOOR/SPIN STUDIO)

Start in the Group Fitness Studio (6th Floor) for 30 minutes of Barre, followed by 30 minutes of spinning on the bikes in the 3rd Floor Spin Studio.

BARRE PILATES FUSION

Barre Pilates Fusion is a fun, low impact strength workout that enhances your muscle tone, balance and posture. It combines dance inspired movements with functional fitness to create an invigorating, full body workout.

BOOTCAMP

A high energy workout consisting of cardiovascular conditioning, strength training (weights, stability balls, resistance bands, medicine balls, Glides, dumbbells) and stretching or core work. Instructors vary the exercises and format for every workout, so no two sessions are the same.

CANDLE LIT YOGA

Perfect for a recovery day, relieving anxiety and improving quality of sleep. This candle-lit class targets the connective tissue, ligaments, tendons and fascia. Slow, purposeful breathing to settle the nervous system, holding postures longer to develop ease in body and mind. Join us in 45 minutes of self care.

DEEP WATER HIIT

Class is inspired by Tabata training (High Intensity Interval Training) and is applied to the deep end of the pool. Deep water classes provide a nonimpact experience that will work the entire body. By combining HIIT and deep water exercises we will create a quick intense full body workout without impact and joint stress.

E.M.C. (EVERY MINUTE COUNTS)

Each class will offer a different variety of movements into this every-minute-on-the-minute style. With body weight & dumbbell exercises, you can expect a full body workout during the 30 minute class.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

Similar to Tabata, HIIT 30 & 45 follows a specific format: 30 seconds of high intensity exercise, 30 seconds of rest.

MAT PILATES

Pilates Mat classes are the floor work version of the Pilates method. Focus is placed on precise movements originating from the center or core of your body. Working from the deepest layers of muscles, which stabilize and support your spine and pelvis, resulting in a strong, flexible spine with ideal posture and alignment.

MOBILITY MOVEMENT

This class is designed to enhance flexibility and mobility through targeted stretching exercises. Participants will engage in a variety of stretches that focus on different body parts, such as the legs, hips, back, shoulders, and arms. The class may include dynamic stretches to warm up the muscles, followed by static stretches to lengthen and release tension. Emphasis will be placed on proper technique, breath awareness, and gradual progression to safely improve range of motion and overall flexibility.

MOVEMENT & MEDITATION

30 minutes of gentle movement following a yin-style class with some longer holds in gentle positions, and finishing off practice with relaxing breathwork and a guided meditation.

POWER FLOW

Power flow yoga is a balanced class of dynamic feel-good movements & strength building poses. You will be encouraged to modify the poses as you need but also encouraged to take yourself to your personal edge to enjoy the benefits of your practice. We will pair movements with our breath and give ourselves attention throughout our flow and end each class with a luxurious final resting pose.



CLASS DESCRIPTIONS

REFORMER PILATES

Reformer Pilates is done using the Pilates reformer machine and works on overall strength, flexibility, coordination and balance. Reformer Pilates classes have a maximum of 4 people. \$32 per person, per class.

RIDE IN 45 (SPIN STUDIO - 3RD FLOOR)

45 minute indoor spin ride, cardio workout on the bike that may include intervals, climbing hills and sprints. 10 person max. Can reserve your spot up to 25 hours in advance. Must cancel your reservation at least 6 hours prior to class time or incur a \$10 cancellation fee. Thank you!

SCULPT & TONE

Sculpt & Tone is an upbeat workout that integrates interval training with muscle-shaping isometrics to quickly and safely re-shape your entire body. This low impact workout combines the grace of the ballet bar with the wisdom of yoga and the strength of Pilates. The class incorporates stretching segments after each strengthening series, lengthening your body and increasing flexibility while you tone. You will become strong like an athlete, long and lean like a dancer. Sculpt and tone will be taught more from the floor, and will use a little less bar.

SLOW FLOW

Slow Flow yoga is great for beginners and advanced practitioners alike. The focus of this class is on exploring poses through alignment at a slower pace, and holding postures for deep stretch to calm the body and mind after a long week.

TOTAL BODY CONDITIONING

This full-body workout targets the entire body with upper body, lower body, and core exercises. Workout consists of conditioning, strength training (weights, stability balls, resistance bands, medicine balls, Glides, dumbbells) and stretching or core work.

UPPER BODY TONE & SCULPT

Focus on back & bis, chest, shoulders & tris. These sculpt and tone workouts help improve your circulation, metabolism, and caloric burn, further enhancing the shape and definition of your muscles. Upper body exercises can help either tone or increase muscle mass and contribute to overall health and fitness.

YOGA FLOW

Like all styles of yoga, Vinyasa has both mental and physical benefits. Physically, sweat expels toxins and re-energizes your body. Mentally, the synchronized breathing relaxes your mind and helps to release any blockage of energy flow throughout your body.

360 SHRED

360 Shred consists of several different stations working full body. Each station has a different exercise/body part that you will focus on. 4 min for each station and 1 minute of rest in between station changes. Each station is going around the group fitness room in "360" so you end up being right next to where you originally started! Be prepared to move and sweat!

50/50

Start with an intense 30 minute sculpt routine in the 6th Floor Studio and finish with 30 minutes of spinning. Two workouts in one to save time and get results.

REFORMER PILATES PRICING:

Private One-on-One:
\$70

Private Duet:
\$45 per person

Private Trio or Quad:
\$35 per person

Group Class (listed on Group Fitness schedule):
\$30 per person

GROUP FITNESS INFO:

All levels are welcome in all Group Fitness classes!
Modifications provided for each movement or exercise.

Please sign up for Group Fitness Classes on the ACC App under Athletics & Spa - Group Exercise Reservations.

Questions? Contact Athletic Director Dana Johnson:
djohnson@accolumbus.com