

acac crozet

AT OLD TRAIL



ACAC Crozet amenities include:

- 8500 square feet express fitness club
- Strength training & free weight area
- Cardio equipment with individual TV screens
- Personal Training
- Kidz Zone child care



GROUP CLASSES • MAY-AUGUST

Monday

9:30am Hatha Yoga with Alex M

4:30pm Strength Circuit with Vanessa S

Tuesday

7:00am Sunrise Yoga with Matt B

9:30am Athletic Conditioning with Vanessa C

Wednesday

10:00am Core Etc. with Jenn C

5:30pm Multi-Level Yoga with Alex M

Thursday

9:30am Strength Circuit with Venessa C

Friday

9:30am Nia with Anne W

Saturday

9:30am Athletic Conditioning with Vanessa C/ Vanessa S



See the full **acac** Group Class Schedule and Information Guide for class descriptions and class listings at Albemarle Square and Downtown.

ACAC Crozet hours of operation:

Mon-Thur 6:00am-7:30pm, Fri 6:00am-1:30pm, Sat 8:00am-1:30pm, Sun 10:00am-2:00pm

Kidz Zone hours: Mon-Sat 8:30-11:30am (1.5 hour limit)

Call Karen or Jeremy, **acac crozet** Managers, at 434.817.2055.

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