

Happy Holidays

Member Appreciation Week

MONDAY, DECEMBER 4 - SATURDAY, DECEMBER 9

Enjoy some extra attention, giveaways, and exciting experience created just for you!
Plus, bring a friend for free all week long.*

*Must be 18 years or older. Must show ID. Must fill out waiver and have blood pressure taken. Some restrictions apply.

SCHEDULE OF EVENTS

MONDAY, DECEMBER 4

MINDFUL MONDAY

10:30AM - 11:30AM

Tropic Cycle | Cycle Studio

Pedal to a relaxing, tropical soundtrack. Enjoy a mini vacay!

5:30PM - 6:30PM

Yogalattes with Christian and Marlo | Studio 1

This fusion of yoga and Pilates works your core. Finish with shavasana.

5:00PM - 5:30PM

Family Fitness Training | Studio 2

Kids and their parents exercise together with a personal trainer.

TUESDAY, DECEMBER 5

LET'S PARTY!

11:00AM - 12:00PM

Aqua Potluck Brunch | Community Room

Join us for an aquatics workout from 10:00am - 10:45am, followed by a yummy brunch.

RSVP by 12/4: christiant@fitnessandwellness.org.

5:00PM - 5:45PM

Children's Workout | Childcare

Children will exercise with a personal trainer in childcare while you workout.

6:00PM - 7:00PM

Jingle Bell Zumba® | Studio 2

Shimmy into the holidays.

WEDNESDAY, DECEMBER 6

WORKOUT WEDNESDAY

9:00AM - 10:00AM

Bone Density Workshop | Pilates Studio

Learn how Pilates can assist those with bone density concerns.

Register at the Reception Desk.

4:30PM - 5:00PM

Core Circuit with Nika | Fitness Floor

Strengthen while you blast calories. Participants replenish with post-workout refreshments.

5:00PM - 5:30PM

Lower Body Blast with Will | Fitness Floor

Burn off holiday stress! Enjoy post-workout refreshments.

6:00PM - 6:30PM

Kettle Bell Circuit with Peter | Fitness Floor

This full-body workout will strengthen everything—even your holiday spirit.

Enjoy post-workout refreshments.

6:30PM - 7:00PM

Animal Flow with Mike | Fitness Floor

Bring out your inner roar! Requires intermediate level of coordination and strength.

THURSDAY, DECEMBER 7

A LITTLE SELF-LOVE

6:00PM - 6:30PM

Foam Rolling | Studio 2

Learn how to use the foam roller for massage and myofascial release.

6:30PM - 7:30PM

Restorative Yoga | Studio 1

Achieve complete relaxation and stretching while supported by props.

7:00PM - 8:00PM

Abdominal Series Workshop: Focus On A Stronger Core with Marlo | Pilates Studio

Register at Reception Desk

7:30PM - 8:00PM

Reiki | Studio 1

This guided technique taps into your life-force energy to promote health and well-being.

FRIDAY, DECEMBER 8

FRIDAY FUN!

ALL DAY

Staff Ugly Sweater Party!

Join in the fun all day!

9:30AM - 10:30AM & 6:00PM - 7:00PM

BODYPUMP™ Trivia | Studio 2

Correctly answer fitness trivia to win prizes!

6:00PM - 9:00PM

Drop 'n' Shop | Childcare

Let your children have fun at the Center while you do holiday shopping or just take some time for yourself! See Childcare for more info, and to reserve your spot.

SATURDAY, DECEMBER 9

FAMILY FUN!

9:00AM - 11:00AM

Breakfast with Santa | Childcare

Bring your camera to capture the memory! Plus, enjoy coffee and light refreshments.

10:40AM - 11:40AM

Family Zumba® | Studio 2

Family gets festive with this fun workout. Children must be accompanied by an adult.

KEEP YOUR EYES OPEN FOR
POP UP SURPRISES THROUGHOUT
THE WEEK TO FURTHER SHOW
OUR APPRECIATION!

—RWJ Fitness & Wellness Center Staff