

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

9:00AM - 10:00AM

Pilates Mat & Reformer Circuit | Studio 2 & Reformer Studio

An integrative class that works your whole body and mind.

6:15PM - 6:30PM

Bike Set-up & Demo | Spin Studio

Learn how to set up the spin bike to fit you and make sure you are comfortable. To help you attain the most efficient and effective workout for you.

6:30PM - 7:25PM

Glow Flow (Black Light BODYFLOW™) | Studio 2

Wear your Whitest whites/Brightest brights so you can "SHINE" in this Black Light BODYFLOW™ class.

7:00PM - 8:00PM

Name that Tune SH'BAM™ | Studio 1

Mindfully connect your body to the music and your brains to the songs.

7:00PM - 8:00PM

Kettlebell Blaster | Fitness Floor

Ring in the holidays with this total body workout.

TUESDAY, DECEMBER 5

LET'S PARTY!

9:35AM - 10:30AM

Zumba® Gold Dance Party! | Studio 1

You will not want to miss this high energy dance party!

6:00PM - 6:55PM

Zumba® Dance Party! | Studio 1

You will not want to miss this high energy dance party!

7:00PM - 7:55PM

Party at the Barre | Studio 2

Enjoy some mocktails while you sculpt and party at the barre.

WEDNESDAY, DECEMBER 6

WORKOUT WEDNESDAY

8:00AM - 9:00AM

Aquakinetics Demo | Therapy Pool

Swimsuit required for this aquatics workout that will have you soaked in sweat! To participate please sign up at the Reception Desk.

10:30AM - 11:15AM

Lite Splash Snow Ball Pop Quiz | Therapy Pool

Get your workout in and have the chance to win some prizes!

6:15PM - 6:30PM

Bike Set-up & Demo | Spin Studio

Learn how to set up the spin bike to fit you and make sure you are comfortable. To help you attain the most efficient and effective workout for you.

6:15PM - 7:00PM

Jingle Bell Pound® | Studio 1

Have a blast while pounding away to your favorite holiday tunes!

THURSDAY, DECEMBER 7

A LITTLE SELF-LOVE

10:30 - 11:15AM

Oodles of Noodles Aqua Sculpt | Therapy Pool

Grab a noodle or two for a fun aqua noodle workout.

10:35 - 11:30AM

Black Light Zumba® | Studio 1

Wear your brightest workout clothes for this happy celebration!

7:05PM - 8:00PM

Black Light Zumba® | Studio 1

Wear your brightest workout clothes for this happy celebration!

FRIDAY, DECEMBER 8

FRIDAY FUN!

ALL DAY

Staff Ugly Sweater Party!

Join in the fun all day!

9:00AM - 10:00AM

Zumba® Dance Party! | Studio 1

Zumba for ages 14 years or older.

12:00PM - 2:00PM

Aqua Ladies Potluck Luncheon | Conference Room

Join us for a potluck lunch. All are welcome. RSVP to jodib@fitnessandwellness.org by December 5. Visit the Reception Desk for more details.

6:00PM - 7:00PM

Cardio Happy Hour Challenge | Studio 1

Join Jen for a fun, yet challenging hour of cardio/toning that will and shape and tighten your entire body.

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 information, and to reserve your spot.

SATURDAY, DECEMBER 9

FAMILY FUN!

9:00AM - 11:00AM

Breakfast with Santa | Lobby

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

9:00AM - 9:55AM

Chizzle it! Snowball Pop Quiz | Studio 1

Get your workout in and have the chance to win some prizes!

12:05PM - 1:00PM

Family Zumba® | Studio 1

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