



ROBERT WOOD JOHNSON FITNESS & WELLNESS CENTER

Member Appreciation Week

LUNCH WITH THE GM (SILENT AUCTION): Bid on Michael! The highest bid will be the winner of a lunch date at Kenny's Cafe with your GM. All proceeds will go to Elijah's Promise (Table outside GM's Office).

VENDOR NIGHT: MONDAY - FRIDAY, 6:00PM - 8:00PM

COAT DRIVE: Donate your new or gently used coat (all sizes) to Elijah's Promise. (Donation box at the Reception Desk)

HEALTHY RECIPE OF THE DAY: Pick up your copy at the Reception Desk by parking validation!

SNOWFLAKE PLEDGE: Complete your snowflake at the Center or take it home and drop it off (located by Fitness & Wellness Center Locations Map)***

MONDAY, NOVEMBER 30 TH	
6:00am - 7:00am	Boot Camp with Garrett. Location: Studio 2
8:00am - 10:00am	Coffee, tea, fruit & granola bars with Michael. Location: Table outside GM's Office
10:00am - 11:00am	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
6:00pm - 6:30pm	Booty with Nika! Location: Main Fitness Floor by TRX® **
6:00pm - 7:00pm	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
6:00pm - 7:30pm	MVP with Marlo, "Music Vino Pilates" - Vocals & piano by Danielle Illario & Vincent Troyani. Complimentary wine & cheese.
6:30pm - 7:30pm	Snowball Trivia with Syndee - BodyPump™. Location: Studio 2
7:00pm - 8:00pm	Reindeer Cycle Races with Robert. Location: Cycle Studio
7:30pm - 8:30pm	PLYOGA Master Class: High-intensity intervals of cardio, plyometric & strengthening exercises, using rapid movement & yoga as an active recovery. Location: Studio 1

TUESDAY, DECEMBER 1 ST	
8:00am - 10:00am	Coffee, tea, fruit & granola bars. Location: Outside Customer Service Office
10:00am - 11:00am	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
11:30am - 12:30pm	Snowball Trivia with Maria R. - Chair Fitness. Location: Studio 2
5:30pm - 6:00pm	Personalize your Group Fitness schedule: Location: Outside Group Fitness Office
6:00pm - 7:00pm	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
6:00pm - 7:00pm	Core with Jeanna.** Location: Fitness Floor by TRX®
7:00pm - 8:00pm	Myride®+ with Adonis* Location: Cycle Studio

WEDNESDAY, DECEMBER 2 ND	
10:00am - 11:00am	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
10:30am - 11:30am	Cycle with Micky* Location: Cycle Studio 2
10:30am - 11:30am	Jingle Ball Zumba® Toning with Marisol. Location: Studio 2
5:00pm - 6:30pm	Meet & Greet Social with Staff - Mingle, play games & get to know your staff while enjoying drinks & food.
6:00pm - 7:00pm	Mystery Workout with Matt.** Location: Fitness Floor by TRX®
6:00pm - 6:30pm	Snowball trivia with Kristen - Palango®. Location: Studio 1
6:00pm - 8:00pm	Jingle Ball Zumba® with Doris. Location: Studio 2
6:00pm - 7:00pm	Blood Pressure & Body Fat Screenings. Location: Nurse's Office

THURSDAY, DECEMBER 3 RD	
10:00am - 12:00pm	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
10:15am - 11:00am	Snowball Trivia with Dan - Aqua Sculpt. Location: Aquatics
6:00pm - 7:00pm	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
6:00pm & 6:30pm	Synchronized Swim Performance with Aquatics Manager, Rana. Location: Aquatics
10:30am - 11:00am, 6:30pm - 7:00pm	Personalize your Group Fitness schedule: Location: Outside Group Fitness Office
7:00pm - 8:00pm	Mat Pilates with Virginia*. Location: Studio 1
7:00pm - 8:00pm	Full Body with Steven.** Location: Fitness Floor by TRX®

FRIDAY, DECEMBER 4 TH	
Member Ugly Sweater Contest All Day! (See Flyer For Details)	
7:00am - 8:00am	Cardio with Dan.** Location: Fitness Floor by TRX®
9:30am - 11:30am	Snowball Trivia with Robert - Pop Cycle. Location: Cycle Studio
10:00am - 11:00am	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
11:45am - 12:30pm	Ai Chi with Christina*. Location: Aquatics - Therapy Pool
6:00pm - 7:00pm	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
5:00pm - 9:00pm	Parents Night Out/ Drop N Shop - see Childcare for more info.

*Bring a friend for free for the weekend!**

SATURDAY, DECEMBER 5 TH	
8:30am - 9:30am	T'ai Chi with Christina*. Location: Studio 1
9:00am - 11:00am	Milk and Cookies with SANTA!
10:00am - 11:00am	Blood Pressure & Body Fat Screenings. Location: Nurse's Office
10:30am - 11:30am	Snowball Trivia with Christian- Zumba®. Location: Studio 2
11:00am - 11:30am	Tree Lighting! Location: Outside Childcare

SUNDAY, DECEMBER 6 TH	
Sunday Football Day! (Wear Your Favorite Team Apparel)	
9:30am - 10:00am	Body Pump Express with Joe M*. Location: Studio 2
9:30am - 11:30am	Group Class: Snowball Trivia with Anny- Zumba® Step Express. Location: Studio 2

***Snowflake Pledge Wall: They say each snowflake is unique, meaning that no two are alike. We like to think of our members the same way - each one is special to us and essential to our facility. This year we invite you to share with us your own pledge to yourself regarding your health and well-being. Please take one snowflake (or more!) and write out a promise you're making to yourself as 2015 fades and we welcome the new slate of 2016. Please join us in making a commitment to yourself!

FOLLOW US ON

* Must be 18 years or older. ID Required. Must fill out a waiver & have blood pressure taken. Some restrictions apply.