



ROBERT WOOD JOHNSON FITNESS & WELLNESS CENTER

Member Appreciation Weeks!

BLOOD PRESSURE CHECKS :

12/7, 10:00am-10:30am | 12/8, 5:30pm-6:30pm | 12/9, 10:00am-10:30am | 12/10, 5:30pm-6:30pm | 12/11, 10:00am-10:30am

GYM CRAWL CHALLENGE, 12/7 - 12/12:

Take one or all of the following classes. At the end of the class you will receive a raffle ticket that can be entered for one free month of membership dues. The winner will be chosen on December 12th. Below are the participating classes:

12/7 | 9:00am - 10:00am | Pilates Mat | Studio 2
 12/7 | 6:00pm - 6:55pm | Pilates Mat | Studio 2
 12/8 | 9:00am - 9:45am | H2O Cardio | Aquatics or
 12/8 | 4:00pm - 5:00pm | Zumba® | Studio 2
 12/9 | 10:00am - 10:55am | Pilates Mat | Studio 2 or
 12/9 | 7:00pm - 8:00pm | PiYo® | Studio 2

12/10 | 5:30am - 6:30am | Strength & Conditioning | Studio 1
 12/10 | 7:00pm - 8:00pm | Toning on the Bar | Studio 2
 12/11 | 9:00am - 9:30am | Pilates Express | Studio 2
 12/11 | 6:30pm - 7:00pm | BodyAttack® | Studio 1
 12/12 | 8:00am - 8:55am | T'ai Chi | Studio 2
 12/12 | 9:00pm - 9:55pm | Barefoot Fusion | Studio 2

WEEK 1 NOVEMBER 30 TH - DECEMBER 6 TH		
Monday, 11/30	5:00pm - 8:00pm	VENDOR NIGHT! Location: Main Hallway
	6:00pm - 7:00pm	Minute to Win It Challenge with Courtney on the Fitness Floor
Tuesday, 12/1	10:00am - 11:00am	Minute to Win It Challenge with Robin on the Fitness Floor
Wednesday, 12/2	6:00pm - 7:00pm	Meet a trainer! Speak with a trainer to schedule re-evaluations & ask any questions you may have about your program. Location: Lobby
	7:00pm	Member vs Staff Tug-of-War! Location: Fitness Floor
Thursday, 12/3	9:00am - 10:00am	Workout Challenge with personal trainer Bassky!
Friday, 12/4	9:00am - 10:00am	Nat'l Dice Day: Roll the dice fitness challenge with Persona trainer Ryan! Location: Fitness Floor
Saturday, 12/5	8:00am - 9:00am	Team challenge with Judi! Location: Cycle
Sunday, 12/6	10:00am - 12:00pm	Healthy Protein shakes provided by the Ultimate Grill. Location: Lobby
	11:30am - 12:30pm	Family Zumba®! Location: Studio 1

WEEK 2 DECEMBER 6 TH - DECEMBER 12 TH		
Monday, 12/7	9:00am - 10:00am	Plank contest in the Pilates Mat class. Location: Studio 2
	5:30pm - 6:00pm	Aquakinetics Demo with Ginni. Location: Aquatics Center
	6:00pm - 6:55pm	KBX snowball pop quiz. Location: Studio 1
Tuesday, 12/8	8:00am - 8:30am	Aquakinetics Demo with Ginni. Location: Aquatics Center
	6:15pm - 7:00pm	Aqua Bootcamp Noodle Race. Location: Aquatics Center
Wednesday, 12/9	10:00am - 11:00am	Plank contest in the Pilates Mat class. Location: Studio 2
	10:30am - 5:30am	SGT 30-minute demos with William. Location: Fitness Floor
	6:00pm - 6:55pm	Bollywood Party, dress to impress! Location: Studio 1
Thursday, 12/10	10:30am - 11:15am	Aqua sculpt pop quiz. Location: Aquatics
	6:30pm - 7:00pm	GRIT™ challenge. Location: Studio 1
	7:00pm - 8:00pm	Cycle water bottle give-a-way! Location: Cycle Studio
	6:00pm - 8:00pm	Silent Auction! Location: Main Hallway
Friday, 12/11	12:00pm - 2:00pm	Aqua Luncheon. Location: Conference room
	6:00pm - 8:00pm	Face Painting in Child Care!
Saturday, 12/12	9:00am - 10:00am	Xtreme Sculpt snowball pop quiz! Location: Studio 1
	10:00am - 12:00pm	Cookies and Cocoa with Santa! Location: Reception Area
	11:30am - 12:00pm	GRIT™ challenge. Location: Studio 1