

Member Appreciation Week

Monday, December 6th – Saturday, December 11th

Enjoy some extra attention and exciting experiences created just for you!

Plus, bring a friend for free all week long.*

ALL WEEK

We Appreciation You Refreshment Table

All Day | Lobby

MONDAY, DECEMBER 6TH

Body Composition Assessments

5:00pm–7:00pm | Trainer's Desk

5K at 5 Treadmill Competition †

5:00pm–6:00pm | Fitness Floor

Pilates Reformer Group Demo

5:30pm–6:15pm | Pilates Studio

Register ahead of time for this session please contact Christian Thomas at christiant@fitnessandwellness.org or sign-up at the table outside the Pilates Reformer Studio.

TUESDAY, DECEMBER 7TH

Body Composition Assessments

9:00am–11:00am | Trainer's Desk

Unlace & Stretch Out– Yoga for Runners

4:30pm–5:15pm | Studio 1

5K at 5 Treadmill Competition †

5:00pm–6:00pm | Fitness Floor

Les Mills Core™ – Pro Tips & Tricks

5:15pm–5:30pm | Studio 2

Les Mills Core™

5:30pm–6:00pm | Studio 2

WEDNESDAY, DECEMBER 8TH

BODYPUMP™ – Pro Tips & Tricks

9:15am–9:30am | Studio 2

Les Mills BODYPUMP™ †

9:30am–10:15am | Studio 2

Pilates Reformer Group Demo

10:00am–10:45am | Pilates Studio

Register ahead of time for this session please contact Christian Thomas at christiant@fitnessandwellness.org or sign-up at the table outside the Pilates Reformer Studio.

WEDNESDAY, DECEMBER 8TH CONTINUED

Rest & Restore Yoga Brunch †

11:30pm–1:00pm | Studio 1

Body Composition Assessments

5:00pm–7:00pm | Trainer's Desk

5K at 5 Treadmill Competition †

5:00pm–6:00pm | Fitness Floor

BODYPUMP™ – Pro Tips & Tricks

5:15pm–5:30pm | Studio 2

Les Mills BODYPUMP™ †

5:30pm–6:15am | Studio 2

Rebel Ride– 90's vs. 00's †

7:30pm–8:15pm | Cycle Studio

THURSDAY, DECEMBER 9TH

Body Composition Assessments

9:00am–11:00am | Trainer's Desk

5K at 5 Treadmill Competition †

5:00pm–6:00pm | Fitness Floor

Aqua Cardio Luau †

6:00pm–6:45pm | Lap Pool

FRIDAY, DECEMBER 10TH

5K at 5 Treadmill Competition †

5:00pm–6:00pm | Fitness Floor

SATURDAY, DECEMBER 11TH

Les Mills BODYCOMBAT™ Trivia

8:30am–9:15am | Studio 2

Body Composition Assessments

9:00am–11:00am | Trainer's Desk

Les Mills BODYPUMP™ Trivia †

9:30am–10:15am | Studio 2