

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.*

MONDAY, DECEMBER 6TH

HIIT Bootcamp with Ava

11:00am–11:30am | Fitness Floor

Building Better Eating Habits with Michael

12:00pm–12:30pm | Fitness Floor

Delicious Smoothies by Ultimate Grill

5:00pm–6:00pm | Ultimate Grill

Olympic Lifting 101 with Patricia

6:30pm–7:00pm | Fitness Floor

TUESDAY, DECEMBER 7TH

Caveman Style Kettlebell Work with Maynard

10:00am–10:30am | Fitness Floor

Reindeer Games in Aqua Run †

10:30am–11:15am | Aquatics Center

How to Deadlift with Anthony

11:00am–11:30am | Fitness Floor

Go with the Floga– Yoga Demos with Dylan

2:00pm–4:00pm | Massage Room

Assisted Pull-Ups Demo with Justin

3:00pm–3:30pm | Fitness Floor

Hawaiian Luau in Aqua Bootcamp †

6:30pm–7:15pm | Aquatics Center

WEDNESDAY, DECEMBER 8TH

Snowball Quiz in Forever Fit

10:45am–11:30am | Studio 1

Go with the Floga– Yoga Demos with Dylan

12:30pm–3:30pm | Massage Room

Snowball Quiz in BODYATTACK™

6:00pm–6:55pm | Studio 1

Bulgarian Split Squats Demo with Sasha

2:00pm–2:30pm | Fitness Floor

THURSDAY, DECEMBER 9TH

Reindeer Games in Aqua Run †

10:30am–11:15am | Aquatics Center

Squats 101 with Nicolas

11:00am–11:30am | Fitness Floor

Go with the Floga– Yoga Demos with Dylan

2:00pm–4:00pm | Massage Room

Building Better Eating Habits with Michael

4:00pm–4:30pm | Fitness Floor

Caveman Style Kettlebell Work with Maynard

6:00pm–6:30pm | Fitness Floor

Take it to the Barre & Mocktails

7:00pm–7:55pm | Studio 2

FRIDAY, DECEMBER 10TH

Bootcamp Style Small Group Training

1:00pm–1:30pm | Fitness Floor

Drop N' Shop *(Reservations Required)*

4:00pm–8:00pm | Childcare

Friday Night at the Bar Functional Training with Justin

5:00pm–7:00pm | Fitness Floor

SATURDAY, DECEMBER 11TH

Rise & Grind with Tymel

8:00am–10:00am | Fitness Floor

Rise & Grind with Raj

10:00am–12:00pm | Fitness Floor

BONUS!

Pilates Reformer Demos from December, 13th–19th

All Week | Pilates Studio

Register ahead of time for a demo, please contact Jodi Berkowitz at jodib@fitnessandwellness.org.