

# Member Appreciation Week

Monday, December 5  
- through -  
Sunday, December 11

Enjoy some extra attention and exciting experiences created just for you! Plus, bring a friend for free all week long.



## ALL WEEK

### Kick Start Your New Year Resolutions!

To schedule your Personal Training Assessments please contact Kristine Perez at [kristinep@fitnessandwellness.org](mailto:kristinep@fitnessandwellness.org)

## MONDAY, DECEMBER 5

**Cardio Interval of the Day**  
All Day | Trainer's Desk

**Mindful Monday Intention Yoga: Gentle**  
10:30am–11:30am | Studio 1

**A Sustainable Way to Weightloss Workshop**  
4:30pm–5:45pm | Trainer's Desk

**Mindful Monday Intention Yoga: Vinyasa**  
5:30pm–6:30pm | Studio 1

**Renegade Ride Rave**  
6:30pm–7:30pm | Cycle Studio

**Pilates Reformer Group Demos**  
6:30pm–7:00pm and 7:15pm–7:45pm  
Pilates Studio  
*Register ahead of time for this session please contact Christian Thomas at [christiant@fitnessandwellness.org](mailto:christiant@fitnessandwellness.org).*

**Big 80's Zumba®**  
7:30pm–8:30pm | Studio 2

## TUESDAY, DECEMBER 6

**Cardio Interval of the Day**  
All Day | Trainer's Desk

**Pilates Reformer Group Demos**  
9:00am–9:30am and 9:45am–10:15am  
Pilates Studio  
*Register ahead of time for this session please contact Christian Thomas at [christiant@fitnessandwellness.org](mailto:christiant@fitnessandwellness.org).*

## TUESDAY, DECEMBER 6 CONTINUED

**Aqua Luau**  
10:30am–11:30am | Therapy Pool

**Equipo de Gimnasio: Introduccion**  
6:30pm–7:30pm | Fitness Floor

**Flow & Glow (BODYBALANCE™)**  
7:00pm–8:00pm | Studio 1

**3<sup>rd</sup> Annual Mean Girl's Jingle Bell Rock Dance**  
7:00pm–8:00pm | Studio 2

## WEDNESDAY, DECEMBER 7

**Cardio Interval of the Day**  
All Day | Trainer's Desk

**Cycle Appreciation Breakfast**  
5:30am–6:30am | Cycle Studio

**Full Moon Tibetan & Crystal Bowl Sound Bath**  
10:30am–11:30am | Studio 1

**Full Moon Vinyasa Yoga**  
11:45am–12:45pm | Studio 1

**Gym Equipment: An Introduction**  
6:00pm–7:00pm | Fitness Floor

**Flow & Glow (BODYBALANCE™)**  
6:30pm–7:30pm | Studio 1

## THURSDAY, DECEMBER 8

**Cardio Interval of the Day**  
All Day | Trainer's Desk

**Partner Yoga**  
11:30am–12:30pm | Studio 1

**Candlelight Restorative Yoga**  
6:00pm–7:00pm | Studio 1

**Equipo de Gimnasio: Introduccion**  
6:30pm–7:30pm | Fitness Floor

## FRIDAY, DECEMBER 9

**Drop N' Shop**  
5:00pm–8:00pm | Childcare

**Gym Equipment: An Introduction**  
6:00pm–7:00pm | Fitness Floor

**Flow & Glow (BODYBALANCE™)**  
6:30pm–7:30pm | Studio 1

## SATURDAY, DECEMBER 10

**Breakfast with Santa**  
10:00am–12:00pm | Childcare

**Family Zumba®**  
10:30am–11:30am | Studio 2

**Merry Mat Pilates**  
10:30am–11:30am | Studio 1

**Pilates Reformer Group Demos**  
11:45am–12:15pm and 12:30pm–1:00pm  
Pilates Studio  
*Register ahead of time for this session please contact Christian Thomas at [christiant@fitnessandwellness.org](mailto:christiant@fitnessandwellness.org).*

## SUNDAY, DECEMBER 11

**Strongest Member Contest**  
9:00am–12:00pm | Trainer's Desk

**House Party Rebel Ride**  
9:30am–10:30am | Cycle Studio

**Pilates Reformer Group Demos**  
3:00pm–3:30pm and 3:45pm–4:15pm  
Pilates Studio  
*Register ahead of time for this session please contact Christian Thomas at [christiant@fitnessandwellness.org](mailto:christiant@fitnessandwellness.org).*