

# 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.



## MONDAY, DECEMBER 5

**Blood Pressure & InBody Screening**  
5:00am–9:00am | Lobby

**Holiday Eating**  
10:00am–10:30am | Conference Room

**Jingle Bells Aqua Jam**  
10:00am–10:55am | Lap Pool

**Santa Baby Zumba®**  
10:15am–11:10am | Studio 1

**How to Use Keiser Machines**  
2:00pm–3:00pm | Fitness Floor

**Ladder Training**  
6:00pm–7:00pm | QueenAx

**Holiday Spin Sing-A-Long**  
7:00am–7:55am | Cycle Studio

## TUESDAY, DECEMBER 6

**Morning Breakfast**  
5:00am–7:00am | Lobby

**Holiday Challenge**  
6:00am–7:00am | Fitness Floor

**Jingle Bells Barre**  
9:00am–9:55am | Studio 2

**Magical Exercises**  
9:00am–10:00am | Fitness Floor

**Holiday Spin Sing-A-Long**  
10:00am–10:55am | Cycle Studio

**Improve Your Squat**  
12:00pm–1:00pm | Fitness Floor

**Aqua Holiday Luncheon**  
12:30pm–3:30pm | Studio 1

**How-To Program**  
5:00pm–6:00pm | Conference Room

**Snowball Strength Circuit**  
6:00pm–6:55pm | Studio 1

## WEDNESDAY, DECEMBER 7

**Improve Your Health Through Posture**  
9:00am–10:00am | Fitness Floor

**Holiday Zumba® Fun**  
9:30am–10:25am | Studio 1

**Ugly Sweater Forever Fit**  
10:40am–11:35am | Studio 1

**HIIT**  
11:00am–12:00pm | QueenAx

**Lunch Snacks**  
11:00am–4:00pm | Lobby

**Holiday Strength**  
4:00pm–5:00pm | Fitness Floor

**Beginners Ballet - *Special Pop-Up***  
6:30pm–7:25pm | Studio 2

## THURSDAY, DECEMBER 8

**Barre Crawl**  
9:00am–9:55am | Studio 2 to Pilates Studio

**Reindeer Aqua Bootcamp Games**  
10:00am–10:55am | Lap Pool

**Jingle Bells & Spinning Dreidels Zumba®**  
10:15am–11:10am | Studio 1

**Lunch Snacks**  
11:00am–4:00pm | Lobby

**Believe in Your Elf Push-Ups**  
12:00pm–1:00pm | Fitness Floor

**Improve Balance**  
4:00pm–5:00pm | QueenAx

**Heat Miser Zumba®**  
7:05pm–8:00pm | Studio 1

## FRIDAY, DECEMBER 9

**Morning Breakfast**  
5:00am–7:00am | Lobby

**“Sleigh” It Total Body**  
9:00am–9:55am | Studio 1

**Blood Pressure & InBody Screenings**  
9:00am–4:00pm | Lobby

**One-on-One Yoga Demos**  
12:00pm–4:00pm | Studio 2

**Snowball Bootcamp**  
5:15pm–6:10pm | Studio 1

## SATURDAY, DECEMBER 10

**Tinsel Toning on the Barre**  
9:00am–9:55am | Studio 2

**Santa Baby BODYPUMP™**  
11:00am–11:55am | Studio 1

**Smoothie from Ultimate Grill**  
11:00am–1:00pm | Lobby

**Jingle Bell Zumba®**  
12:00pm–12:55pm | Studio 1

## SUNDAY, DECEMBER 11

**Holiday Spin Sing-A-Long**  
8:00am–8:55am | Cycle Studio

**Holiday HIIT Training**  
10:00am–11:00am | Fitness Floor

**Core Training**  
2:00pm–3:00pm | Stretching Area