

Member Appreciation Week

Monday, December 4 – Sunday, December 10

Enjoy a week full of exciting experiences, classes, demos, giveaways, and much more ... created just for **YOU!** Plus, bring a friend for free all week long.*

ALL WEEK

Office Window Contest

Cast your vote in our Holiday Box for the best-decorated office window throughout the facility.

Merry Fitness Contest

Get dressed in your most festive fitness gear and take a picture with a Personal Trainer to be entered to win a prize.

MONDAY, DECEMBER 4

Yoga for Relaxation & Soothing Herbal Tea Bar

10:30am–11:45am | Studio 1 with Christian

Aqua Luau

10:45am–11:45am | Therapy Pool with Leslie

Ride Through the Decades

6:30pm–7:30pm | Cycle Studio with Missy

Jingle Bell Zumba®

7:30pm–8:30pm | Studio 2 | with Diana & Candice

TUESDAY, DECEMBER 5

Candlelight Restorative Yoga & Aromatherapy

6:00pm–7:00pm | Studio 1 with Jaclyn

Rock the Bells

6:00pm–7:00pm | Studio 2 with Michelle L.

Annual Mean Girls Jingle Bell Rock Recreation

7:00pm–8:00pm | Studio 2 with Jake

WEDNESDAY, DECEMBER 6

Winter Yoga Reset with Vibrational Sound Healing

10:30am–11:30am | Studio 1 with Christian

Pilates Reformer Happy Hour with Mocktails & Hors d'oeuvres

5:30pm–6:30pm | Pilates Studio with the Pilates Team

Merry Liftmas

6:00pm–6:45pm | Fitness Floor with Renee

THURSDAY, DECEMBER 7

Merry Mat Pilates

10:30am–11:30am | Studio 1 with Candice

Aqua Bollywood

10:45am–11:30am | Lap Pool with Anu

Candlelight Restorative Yoga & Aromatherapy

6:30pm–7:30pm | Studio 1 with Marcus

FRIDAY, DECEMBER 8

Holiday Sweater Get-together

10:00am–11:30am | Lobby

Join our staff for snacks and holiday cheer!

Welcome to the North Swole

12:00pm–12:45pm | Fitness Floor with Abby

Parents Night Out

4:00pm–8:00pm | Childcare

Let your child have fun at the Center while you holiday shop, or just take time for yourself! See Childcare for more info.

Spin The Dreidel Workout

5:30pm–6:30pm | Studio 2 with Sara

SATURDAY, DECEMBER 9

Holiday Craft Fair & Pictures with Santa

9:00am–10:30am | Lobby

National Holiday Card Day Celebration

9:00am–12:00pm | Childcare

Visit Childcare to make Holiday Cards for the whole family!

Santa Baby Zumba®

10:30am–11:30am | Studio 2 with Anie

SUNDAY, DECEMBER 10

'Tis is the Stretching Season

9:15am–10:00am | Fitness Floor with Justin

Football Sunday Ride

9:30am–10:30am | Cycle Studio | with Kimmie & Alisha

Dance Factory - Joyful Dance Day

10:30am–11:30am | Studio 2 with Greta

Santa Babies Parent & Me FREE Swim Class

10:30am–11:00am | Therapy Pool with Noémi

Bond with your little ones (ages 6 months-2 years) during our fun festive cheer at our holiday-themed Parent & Me swim class!

Family Swim Holiday Pool Party

2:00pm–4:00pm | Therapy Pool with the Aquatics Staff

Celebrate the holiday season with the whole Family!

Make a holiday splash in this family swim event with holiday-inspired games, activities, music, and prizes from 2:30pm to 3:30pm! Family Swim is limited to two (2) children per member.