

Member Appreciation Week

Monday, December 4
-through-
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


Join our Merry Fitness Contest by dressing up in your most festive fitness gear and take a picture with a Personal Trainer in the club to be entered to win a prize.

MONDAY, DECEMBER 4

* **Morning Breakfast Treats**
6:00am–8:00am | Lobby

Santa Baby BODYPUMP™
9:00am–9:55am | Studio 1

Roll out the Holly Zumba® Toning
10:15am–11:10am | Studio 1

 **Swim Lesson Demos**
12:00pm–1:00pm | Aquatics Center
Please stop by the Aquatics Center to sign-up.

Grinch Core
11:00am–12:00pm | Fitness Floor

Holiday HIIT-Mas
5:00pm–6:00pm | Fitness Floor

TUESDAY, DECEMBER 5

Ugly Sweater Forever Fit
9:00am–9:55am | Studio 1

Santa Claus' Posture Demo
12:00pm–1:00pm | Fitness Floor

Jolly Joints
12:00pm–1:00pm | Studio 2

* **Holiday Potluck Luncheon**
12:30pm–3:30pm | Conference Room


Tinsel Tabata
6:00pm–6:55pm | Studio 1



WEDNESDAY, DECEMBER 6

* **Morning Muffins**
6:00am–8:00am | Lobby

Holiday Jam
9:35am–10:30am | Studio 1

 **Swim Lesson Demos**
12:00pm–1:00pm | Aquatics Center
Please stop by the Aquatics Center to sign-up.

Jingle Bells & Spinning® Dreidels
5:00pm–5:55pm | Spin Studio

Rudolph's Bench Workshop
6:00pm–7:00pm | Fitness Floor

THURSDAY, DECEMBER 7

Around the World Functional Movement Demo
7:00am–8:00am | Fitness Floor

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

Jingle Balls Demo
10:00am–11:00am | Fitness Floor

Holiday Zumba® Dance Party
10:15am–11:10am | Studio 1

* **Chimney Climbing**
6:00pm–7:00pm | Fitness Floor

* **Evening Snacks**
6:00pm–8:00pm | Lobby

FRIDAY, DECEMBER 8


"Sleigh" It Total Body Strength Circuit
6:00am–6:55am | Studio 1

* **Holiday Sweater Get-together**
9:30am–11:00am | Lobby

* **Mid-Morning Pastries**
9:30am–11:00am | Lobby

Merry Liftmas
3:00pm–4:00pm | Fitness Floor

FRIDAY, DECEMBER 8 CONTINUED

*  **Parents Night Out**
5:30pm–8:30pm | Childcare
See Childcare for more info.

* **Ho-Ho-Ho Hoe-Down Holiday Line Dance**
6:30pm–7:25pm | Studio 1

* **Holiday Potluck Dinner**
7:30pm–9:00pm | Conference Room

SATURDAY, DECEMBER 9

Jingle Bells BODYBALANCE™
8:00am–8:55am | Studio 2

* **Holiday Craft Fair & Pictures with Santa**
9:00am–12:00pm | Lobby

* **National Holiday Card Day Celebration**
9:00am–12:00pm | Childcare

 **Pilates in the Round**
9:00am–11:00am | Pilates Studio

Kris Kringle BODYCOMBAT™
9:30am–10:20am | Studio 1

* **Smoothie Time!**
12:00pm–3:00pm | Lobby

Merry TRX-Mas
12:00pm–1:00pm | Fitness Floor

Santa Sneaking Around Balance Demo
1:00pm–2:00pm | Fitness Floor

SUNDAY, DECEMBER 10

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

Holly Jolly Aquatics Bootcamp
10:15am–11:10am | Lap Pool

 Highlighted Event  Registration Required

*Guests must be 18 years or older. Must show ID. Must fill out a waiver and have blood pressure taken. Some restrictions apply.

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