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

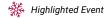
Santa Sneaking Around Balance Demo 1:00pm-2:00pm | Fitness Floor

SUNDAY, DECEMBER 10

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

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







Registration Required