

Member Appreciation Week

Monday, December 9 to Sunday, December 15

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 in the club to be entered to win a prize.

Holiday Movie Marathon in Childcare

Classic holiday movies and shows will be playing in childcare all week long.

Fuel & Refresh Station

Check out our snack table all week for a variety of pre- and post-workout foods.

Monday, December 9

Sleigh it Total Body

8:30am–9:30am | Studio 2 with Marcus

Merry Mat Pilates

12:00pm–12:55pm | Studio 1 with Elenamarie

Holiday Sing-a-long Renegade Ride

6:00pm–6:55pm | Cycle Studio with Missy

Tuesday, December 10

Merry Quad-mas

9:00am–10:00am | Trainers' Desk with Zachary

ZUMBA® Holiday Party

9:30am–10:25am | Studio 2 with Bob

Jingle your Kettlebells

6:00pm–6:55pm | Studio 2 with Missy

❄️ Annual Mean Girls Jingle Bell Rock Recreation

7:00pm–8:00pm | Studio 2 with Jake

Wednesday, December 11

Early Riser Les Mills BODYCOMBAT™

7:30am–8:30am | Studio 2 with International Trainer Cesar

Winter Yin Yoga

9:00am–10:00am | Studio 1 with Christian

Welcome to the North Swole

11:00am–12:00pm | Trainers' Desk with Trainer Jesus

❄️ Pila-Teas Party

1:00pm–3:00pm | Pilates Reformer Studio with Pilates Team

All I Want for Christmas is Glutes Baby

5:00pm–6:00pm | Trainers' Desk with Angela

Thursday, December 12

Holiday HIIT Cycle & Core

8:30am–9:30am | Cycle Studio with Elisa

Welcome to the North Swole

4:00pm–5:00pm | Trainers' Desk with Jesus

ZUMBA® Holiday Party

4:30pm–5:25pm | Studio 2 with Candice

❄️ Restorative Yoga and Sound Bowl Healing

6:00pm–7:30pm | Studio 1 with Marcus & Christian

Friday, December 13

❄️ Holiday Potluck Luncheon

12:30pm–3:00pm | Community Room

❄️ Parents Night Out

4:00pm–8:00pm | Childcare

See Childcare for more information.

Merry Quad-mas

5:00pm–6:00pm | Trainers' Desk with Zachary

❄️ Family Swim Holiday Pool Party

6:00pm–8:00pm | Aquatics Center with Aquatics Staff

Light Up the Night Bollywood

6:30pm–7:25pm | Studio 2 with Jaswinder

Saturday, December 14

Holiday Cheer: Crafts, Cocoa, & Santa Photos!

10:00am–12:00pm | Lobby

Santa Baby ZUMBA®

10:30am–11:25am | Studio 2 with Anie

All I Want for Christmas is Glutes Baby

11:00am–12:00pm | Trainers' Desk with Angela

❄️ Family Swim Holiday Pool Party

2:00pm–4:00pm | Aquatics Center with Aquatics Staff

Sunday, December 15

Aqua Luau (Mele Kalikimaka)

10:45am–11:40am | Therapy Pool with Leslie

Spinning Dreidels

9:30am–10:25am | Cycle Studio with Kimmie

❄️ Family Swim Holiday Pool Party

1:00pm–4:00pm | Aquatics Center with Aquatics Staff