



Member Appreciation Week

MONDAY, DECEMBER 8

- through -

SUNDAY, DECEMBER 14



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.

❄️ Holiday Photo Booth Fun

Snap some festive photos in our holiday-themed photo booth! Share your pictures on social media and tag us in your posts to be entered in a raffle.

❄️ Fuel & Refresh Station

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

Holiday Movie Marathon

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

Monday, December 8

❄️ Muffins with Managers

9:30am–10:30am | Lobby

Jingle Bells & Dumbbells

9:30am–10:30am | Trainer's Desk

Health Check: Blood Pressures and Re-Evaluation Scheduling

10:00am–11:00am | Trainer's Desk
5:00pm–6:00pm | Trainer's Desk

Merry Mat Pilates

12:00pm–12:55pm | Studio 1

Sing-A-Long Renegade Ride

6:00pm–6:55pm | Cycle Studio

The Gingerbread Glute Factory

8:00pm–8:30pm | Trainer's Desk

Tuesday, December 9

Mistle-Tone Abs

8:00am–8:30am | Trainer's Desk

Roll out the Holly ZUMBA® Party

9:30am–10:25am | Studio 2

Winter Solstice Vinyasa and Crystal Pyramid Meditation

9:30am–10:25am | Studio 1

Arm Yourself for the Holidays

7:00pm–7:30pm | Trainer's Desk

Wednesday, December 10

📅 Thank You Very Matcha, Pilates & Matcha

2:00pm–4:00pm | Pilates Studio

Space is limited

Silver Bells Stability Challenge

8:00am–8:30am | Trainer's Desk

Winter Solstice Yin Yoga and Crystal Pyramid Meditation

9:00am–9:55am | Studio 1

Health Check: Blood Pressures and Re-Evaluation Scheduling

9:00am–10:00am | Trainer's Desk

4:00pm–5:00pm | Trainer's Desk

Season's Greetings Stretch and Flex

5:00pm–5:30pm | Trainer's Desk

Meet Me at the Candy Barre

5:30pm–6:25pm | Studio 1

Thursday, December 11

Frostbite Functional Fitness

9:30am–10:00am | Trainer's Desk

Aqua ZUMBA® Holiday Party

10:45am–11:30am | Lap Pool

Holiday Aqua Stretch and Sculpt

11:30am–12:15pm | Therapy Pool

Yuletide Power Plyometrics

6:00pm–6:30pm | Trainer's Desk

Friday, December 12

❄️ Ugly Sweater Day

All Day | Center-wide

📅 Drop 'N Shop

8:30am–12:00pm | Childcare

Jingle Bells & Dumbbells

10:30am–11:00am | Trainer's Desk

❄️ Holiday Potluck Luncheon

12:30pm–2:00pm | Community Room

Season's Greetings Stretch and Flex

4:00pm–4:30pm | Trainer's Desk

Saturday, December 13

❄️ Holiday Cheer:

Letters, Cocoa, and Santa Photos

10:00am–12:00pm | Childcare

Arm Yourself for the Holidays

9:00am–9:30am | Trainer's Desk

Santa Baby ZUMBA®

10:30am–11:30am | Studio 2

Health Check: Blood Pressures and Re-Evaluation Scheduling

11:00am–12:00pm | Trainer's Desk

2:00pm–3:00pm | Trainer's Desk

Winter Solstice Vinyasa and Crystal Pyramid Meditation

10:35am–11:30am | Studio 1

Mistle-Tone Abs

1:00pm–1:30pm | Trainer's Desk

Family Swim Holiday Pool Party

2:00pm–4:00pm | Aquatics Center

Sunday, December 14

Yuletide Power Plyometrics

9:00am–9:30am | Trainer's Desk

Grinch Mode:

Naughty or Nice Ride

9:30am–10:25am | Cycle Studio

Winter Wonderland

Ballroom Dancing

12:30pm–1:30pm | Studio 2

Silver Bells Stability Challenge

12:00pm–12:30pm | Trainer's Desk

Family Swim Holiday Pool Party

1:00pm–4:00pm | Aquatics Center

Gingerbread Glute Gains

2:00pm–2:30pm | Trainer's Desk