

# Happy Holidays

## Member Appreciation Week

MONDAY, DECEMBER 4 - SATURDAY, DECEMBER 9

Enjoy some extra attention, giveaways, and exciting experience created just for you!  
Plus, bring a friend for free all week long.\*

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

## SCHEDULE OF EVENTS

### MONDAY, DECEMBER 4

#### MINDFUL MONDAY

9:00AM - 10:00AM

Rhythm & Blues | Studio 1

Move and groove to the calming tunes of the rhythm & blues.

9:30AM - 10:30AM

Napa Valley Ride | Cycle

Enjoy a scenic Napa Valley ride experience.

8:15PM - 9:15PM

Yoga under the Stars | Studio 2

Enjoy yoga under the light of our stars.

### TUESDAY, DECEMBER 5

#### LET'S PARTY!

9:00AM - 10:00AM

Splish-Splash Tubing | Lap Pool

This fun-filled aquatics class will use inner tubes.

9:30AM - 10:30AM

Cycle Through the Decades | Cycle

Ride along to each decade's favorite hits.

8:00PM - 9:00PM

The Best of Zumba® | Studio 2

Heart-pumping Latin dancing heats up the season!

### WEDNESDAY, DECEMBER 6

#### WORKOUT WEDNESDAY

8:00AM - 9:00AM

Group Pilates Reformer Demo | Reformer Studio 1

Discover Pilates countless benefits. Sign up at the Reception Desk to try this demo.

10:00AM - 11:00AM

TRX® Small Group Training Demo | Upper Mezzanine

Learn how to multitask your full-body workout using our TRX® equipment.

11:00AM - 12:00PM

Synergy Circuit Training | Fitness Floor

Experience the new Life Fitness Synergy equipment for a total-body workout. Learn fun ways to make it a daily favorite!

11:00AM - 12:00PM

Group Pilates Reformer Demo | Reformer Studio 1

Discover Pilates countless benefits. Sign up at the Reception Desk to try this demo.

12:00PM - 1:00PM

TRX® Small Group Training Demo | Upper Mezzanine

Learn how to multitask your full-body workout using our TRX® equipment.

2:00PM - 3:00PM

Group Pilates Reformer Demo | Reformer Studio 1

Discover Pilates countless benefits. Sign up at the Reception Desk to try this demo.

3:30PM - 4:30PM

FitKids Demo | Childcare

Introduce your children to their own fitness program while you work out!

6:00PM - 7:00PM

Synergy Circuit Training | Fitness Floor

Experience the new Life Fitness Synergy equipment for a total-body workout. Learn fun ways to make it a daily favorite!

### THURSDAY, DECEMBER 7

#### A LITTLE SELF-LOVE

10:30AM - 11:00AM

Foam Roller | Studio 1

Learn safe use of the foam roller to ease muscle tension and improve your workout.

11:05AM - 12:05PM

'50s-themed Get Active Class | Studio 1

Sweat to tunes from the '50's!

8:30PM - 9:30PM

Restorative Yoga | Studio 2

Leave holiday stress behind through this relaxing yoga class.

### FRIDAY, DECEMBER 8

#### FRIDAY FUN!

ALL DAY

Staff Ugly Sweater Party!

Join in the fun all day!

8:45AM - 9:30AM

Pound® | Studio 1

Enjoy a full-body cardio jam session, complete with drum sticks.

10:30AM - 11:30AM

Energizing BODYFLOW™ | Studio 1

Strengthen through fluid movements.

6:00PM - 9:00PM

Drop 'n' Shop | Childcare

Let your children have fun at the Center while you do holiday shopping or just take some time for yourself! See Childcare for more info, and to reserve your spot.

### SATURDAY, DECEMBER 9

#### FAMILY FUN!

9:00AM - 11:00AM

Breakfast with Santa | Lobby

Bring your camera to capture the memory! Plus, enjoy coffee and light refreshments.

10:00AM - 11:00AM

Family Synergy Relay Competition | Fitness Floor

For ages 14 years or older.

11:00AM - 12:00PM

Holidays Around the World | Childcare

For ages 3 years or older.

11:30AM - 12:30PM

Family Dance Fusion | Studio 1

Must be accompanied by an adult.

KEEP YOUR EYES OPEN FOR  
POP UP SURPRISES THROUGHOUT  
THE WEEK TO FURTHER SHOW  
OUR APPRECIATION!

—RWJ Rahway Fitness & Wellness Center Staff