

Member Appreciation Week

Monday, December 6th – Saturday, December 11th

Enjoy some extra attention and exciting experiences created just for you!

Plus, bring a friend for free all week long.*

MONDAY, DECEMBER 6TH

Latin Fusion

9:00am–9:45am | Studio 1

Cycle through the 70's †

9:00am–9:45am | Cycle Studio

Liquid TNT †

9:00am–9:45am | Lap Pool

Pilates Reformer Demos (Reservations Required)

10:00am–10:30am | Pilates Studio

Swim Demos

2:00pm–4:00pm | Aquatics Center

Best of BODYCOMBAT™ Madness

5:00pm–5:45pm | Studio 1

Circuit Training with Kelli

5:30pm–6:00pm | Fitness Floor

Pilates Reformer Demos (Reservations Required)

6:30pm–7:00pm | Pilates Studio

TUESDAY, DECEMBER 7TH

Stretching & Meditation with Jasmine

9:00am–10:00am | Fitness Floor

Pilates Reformer Demos (Reservations Required)

11:30am–12:00pm | Pilates Studio

Bathing Cap Beauties †

4:00pm–4:45pm | Lap Pool

Pilates Reformer Demos (Reservations Required)

5:00pm–5:30pm | Pilates Studio

Black Light Zumba®

8:00pm–8:45pm | Studio 1

WEDNESDAY, DECEMBER 8TH

Rock N' Roll Cycle †

9:00am–9:45am | Cycle Studio

Pilates Reformer Demos (Reservations Required)

9:00am–9:30am | Pilates Studio

WEDNESDAY, DECEMBER 8TH CONTINUED

Liquid TNT †

9:15am–10:00am | Lap Pool

TPI Golf Screening with Suzannah (Registration Required)

2:00pm–3:00pm | Fitness Floor

Rock N' Roll Cycle †

6:00pm–6:45pm | Cycle Studio

Pilates Reformer Demos (Reservations Required)

6:30pm–7:00pm | Pilates Studio

THURSDAY, DECEMBER 9TH

Wilpower Madness

9:30am–10:15am | Studio 1

Aqua Kinetics with Beau (Registration Required)

12:00pm–1:00pm | Therapy Pool

Pilates Reformer Demos (Reservations Required)

12:30pm–1:00pm | Pilates Studio

Swim Demos

2:30pm–3:30pm | Aquatics Center

Black Light Zumba®

6:00pm–6:45pm | Studio 1

Pilates Reformer Demos (Reservations Required)

6:00pm–6:30pm | Pilates Studio

FRIDAY, DECEMBER 10TH

Creating a Custom Cardio Program with Tyler

8:00am–9:00am | Fitness Floor

Dress-Up Bollywood

9:30am–10:15am | Studio 1

Mash-Up Zumba®

5:00pm–5:45pm | Studio 1

SATURDAY, DECEMBER 11TH

Drop N' Shop & Snack (Reservations Required)

8:30am–12:30pm | Childcare