

Member Appreciation Week

Monday, December 5 – Sunday, December 11

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

ALL WEEK

Holidays Around the World

9:00am–11:00am | Childcare

MONDAY, DECEMBER 5

Liquid TNT

9:00am–10:00am | Lap Pool

Jazz it Up Cardio Dance

9:00am–9:50am | Studio 1

Cycle Through the 70s

9:00am–9:50am | Cycle Studio

Flex into Fitness

10:00am–10:50am | Studio 2

BODYPUMP™ Madness

10:00am–10:50am | Studio 1

Winter Solstice Vinyasa Yoga

11:00am–11:50am | Studio 2

Hand-Eye Coordination

3:00pm–3:30pm | Strength Floor

80s Hair Band Glow Stick Ride

6:00pm–6:50pm | Cycle Studio

BODYCOMBAT™ Old School

5:15pm–6:05pm | Studio 1

BODYPUMP™ Madness

6:30pm–7:20pm | Studio 1

Snowflake BODYFLOW™

7:30pm–8:20pm | Studio 1

Swim Demos

9:00am–10:00am | Lap Pool

Pilates Reformer Demos *(Reservation Required)*

10:30am–11:00am | 12:30pm–1:30pm

6:00pm–7:00pm | 7:30pm–8:00pm

Pilates Studio

TUESDAY, DECEMBER 6

Spivi® Cycle

9:00am–9:50am | Cycle Studio

H2O Blast Polar Bear Plunge

9:30am–10:20am | Lap Pool

Breath Work

9:30pm–10:00am | Strength Floor

Circuit Blast Bootcamp

9:30am–10:20am | Studio 1

Lite Splash Winter Wonderland

10:30am–11:20am | Therapy Pool

Cardio Lite Mix Oldies but Goodies

11:30am–12:20pm | Studio 1

Kung Foo S.T.I.X.

12:30pm–1:20pm | Studio 1

Aqua Fusion Winter Wonderland

5:00pm–5:50pm | Lap Pool

Glow in the Dark Rave BODYATTACK™

6:00pm–6:50pm | Studio 1

Best of BODYPUMP™

7:00pm–7:50pm | Studio 1

Zumba® Glo Party

8:00pm–8:50pm | Studio 1

Candlelight Vinyasa Yoga

8:00pm–8:50pm | Studio 2

Swim Demos

9:00am–10:00am | 6:00pm–7:00pm

Lap Pool

Pilates Reformer Demos *(Reservation Required)*

11:00am–12:00pm | 1:00pm–2:00pm

3:00pm–4:00pm

Pilates Studio

WEDNESDAY, DECEMBER 7

Motown Ride

9:00am–9:50am | Cycle Studio

Water Polo

9:15am–10:05am | Lap Pool

Martial Arts S.T.I.X.

9:30am–10:20am | Studio 2

Blacklight Zumba® & Oldies Mix

9:30am–10:20am | Studio 1

Winter Wonderland Vinyasa Yoga

10:30am–11:20am | Studio 2

Weightlifting 101

6:00pm–7:00pm | Strength Floor

Game Night Cycle

6:00pm–6:50pm | Cycle Studio

Best of BODYPUMP™

6:15pm–7:05pm | Studio 1

Snowflake BODYFLOW™

7:15pm–8:05pm | Studio 1

Pilates Reformer Demos *(Reservation Required)*

9:00am–10:00am | 11:00am–11:30am

12:00pm–1:00pm | 1:00pm–2:00pm

5:30pm–6:00pm

Pilates Studio

THURSDAY, DECEMBER 8

Cycle through the 90s

9:30am–11:00am | Cycle Studio

BODYATTACK™ Oldies

10:30am–11:20am | Studio 2

Breath Work

5:00pm–5:30pm | Strength Floor

Zumba® Disco Style

6:00pm–6:50pm | Studio 1

Swim Demos

9:00am–10:00am | Lap Pool

Pilates Reformer Demos *(Reservation Required)*

12:00pm–1:00pm | 1:00pm–1:30pm

1:30pm–2:30pm | 4:00pm–5:00pm

Pilates Studio

FRIDAY, DECEMBER 9

Parent's Drop N' Shop

9:00am–12:00pm | Childcare

Spivi® Cycle

9:00am–9:50am | Cycle Studio

Core Conditioning

9:00am–10:00am | Strength Floor

BODYCOMBAT™ Oldies

9:00am–9:50am | Studio 2

FRIDAY, DECEMBER 9

CONTINUED

Snowflake BODYFLOW™

10:30am–11:20am | Studio 2

Zumba® Bhangra

1:00pm–1:50pm | Studio 1

Aquakinetics

2:00pm–2:30pm | Strength Floor

Zumba® Michael Jackson Style

5:00pm–5:50pm | Studio 1

Parent's Night Out

5:00pm–8:00pm | Childcare

Swim Demos

9:00am–10:00am | 6:00pm–7:00pm

Lap Pool

Pilates Reformer Demos *(Reservation Required)*

12:00pm–1:00pm | Pilates Studio

SATURDAY, DECEMBER 10

Wilpower and Moving Meditation with Pilates

8:15am–9:05am | Studio 2

Liquid TNT

9:00am–10:00am | Lap Pool

Spivi® Cycle

9:00am–9:50am | Cycle Studio

Zumba® Glo Party

9:30am–10:20am | Studio 1

Swim Demos

11:30am–12:30pm | Lap Pool

Pilates Reformer Demos *(Reservation Required)*

8:00am–8:30am | 9:00am–10:00am

10:00am–11:00am | 10:30am–11:30am

1:00pm–3:00pm

Pilates Studio

SUNDAY, DECEMBER 11

BODYPUMP™ Oldies

9:00am–9:50am | Studio 1

Cycle to Funky Disco

9:00am–9:50am | Cycle Studio

H2O Blast Paddle & Push

9:00am–9:50am | Lap Pool

Zumba®

10:00am–10:50am | Studio 1

Pilates Reformer Demos *(Reservation Required)*

8:30am–9:00am | Pilates Studio