

# Member Appreciation Week

Monday, December 4  
-through-  
Sunday, December 10

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.

### Merry Fitness Contest

Get dressed in your most festive fitness gear and take a picture with a Personal Trainer to be entered to win a prize.

### Childcare Holiday Crafts

Classic holiday movies and shows will be playing in childcare all week long. Plus, stop by everyday for special holiday crafts.

## MONDAY, DECEMBER 4

 **Pajama Palooza CozyFest**  
All Day | Front Desk

**Let's Sprint to the Holiday Rush!**  
9:00am–9:50am | Cycle Studio

**Barbiecore Zumba® World**  
9:00am–9:50am | Studio 1

 **Swim Lesson Demos**  
11:00am–12:00pm | Lap Pool  
To register, contact: [chinnara@fitnessandwellness.org](mailto:chinnara@fitnessandwellness.org).


**Aquatic Strength Training Demo**  
11:00am–12:00pm | Therapy Pool

**Beginner Plyometrics**  
4:00pm–5:00pm | Fitness Floor

**BODYCOMBAT™ Karate Dojo**  
5:15pm–6:05pm | Studio 1

**Pilates Reformer Gentle Flow and Stretch**  
7:30pm–8:00pm | Large Pilates Studio

## TUESDAY, DECEMBER 5


 **Morning Munch Madness**  
9:00am–12:00pm | Front Desk

**Walking in a Winter Wonderland**  
10:30am–11:20am | Therapy Pool

**Pilates Reformer Gentle Flow and Stretch**  
11:30am–12:00pm | Large Pilates Studio


**InBody Assessments**  
4:00pm–5:00pm | Fitness Floor

**Pilates Reformer Full Body Stretch**  
5:00pm–5:30pm | Large Pilates Studio

 **Swim Lesson Demos**  
6:00pm–7:00pm | Lap Pool  
To register, contact: [chinnara@fitnessandwellness.org](mailto:chinnara@fitnessandwellness.org).

**Pajama Night in Yoga**  
8:00pm–8:50pm | Studio 2

## WEDNESDAY, DECEMBER 6

 **ShoutOut Extravaganza**  
All Day | Front Desk  
*Leave shout outs on our bulletin board!*

**Holiday Hip-Hop Cycle**  
9:00am–9:50am | Cycle Studio

**Pilates Reformer Stretch and Abs**  
9:15am–9:45am | Large Pilates Studio

 **Swim Lesson Demos**  
11:00am–12:00pm | Lap Pool  
To register, contact: [chinnara@fitnessandwellness.org](mailto:chinnara@fitnessandwellness.org).

**TRX Full Body Workout**  
12:00pm–1:00pm | Fitness Floor

**Naughty VS Nice Cycle Challenge**  
6:00pm–6:50pm | Cycle Studio

## THURSDAY, DECEMBER 7

 **Hanukkah Kickoff**  
All Day | Front Desk  
*Dress to impress in blue and gold.*

**Tinsel Toning on the BARRE**  
9:30am–10:20am | Studio 2

**Cardio Lite Disco Fever**  
9:30am–10:20am | Studio 1



 **Swim Lesson Demos**  
11:00am–12:00pm | Lap Pool  
To register, contact: [chinnara@fitnessandwellness.org](mailto:chinnara@fitnessandwellness.org).


**Aquatic Strength Training Demo**  
11:00am–12:00pm | Therapy Pool

**Functional Core Training**  
4:00pm–5:00pm | Fitness Floor

**Glo Zumba® Party**  
6:00pm–6:50pm | Studio 1

## FRIDAY, DECEMBER 8

 **Drop 'N Shop**  
8:30am–12:00pm | Childcare  
 *Reservations Required. See Childcare for more info.*

 **Ugly Holiday Sweater Get-together**  
9:30am–11:00am | Lobby

## FRIDAY, DECEMBER 8 CONTINUED

**Muscular Endurance Training**  
9:00am–10:00am | Fitness Floor


**Snowball Cardio Lite**  
9:30am–10:20am | Studio 2


**Strength and Stretch on the Reformer**  
10:30am–11:15am | Large Pilates Studio

**Jingle Bell Zumba®**  
5:00pm–5:50pm | Studio 1

 **Swim Lesson Demos**  
6:00pm–7:00pm | Lap Pool  
To register, contact: [chinnara@fitnessandwellness.org](mailto:chinnara@fitnessandwellness.org).

## SATURDAY, DECEMBER 9

 **Holiday Craft Fair & Pictures with Santa**  
9:00am–12:00pm | Lobby

 **National Holiday Card Day Celebration**  
9:00am–12:00pm | Childcare

**Bagels, Brews & Bliss**  
9:00am–1:00pm | Front Desk

**Flo and Glo BODYBALANCE™**  
9:30am–10:20am | Studio 2

**Rock The Step**  
11:30am–12:20pm | Studio 1

 **Swim Lesson Demos**  
3:00pm–4:00pm | Lap Pool  
To register, contact: [chinnara@fitnessandwellness.org](mailto:chinnara@fitnessandwellness.org).

## SUNDAY, DECEMBER 10

**Holly Jolly Aqua Zumba®**  
9:00am–9:50am | Lap Pool

**Glo Zumba® Party**  
10:00am–10:50am | Studio 1

**Ho Ho Ho Cycle Ride**  
9:00am–9:50am | Cycle Studio

**Family Swim Holiday Pool Party**  
2:00pm–4:00pm | Therapy Pool