

Member Appreciation Week

**Monday, December 9
to Sunday, December 15**

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.

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.

Holiday Movie Marathon in Childcare

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

InBody Assessments

Monday–Saturday | 9:00am–11:00am
Fitness Floor

Monday, December 9

Hanukkah Huzzah Dress Up
All Day | Lobby

National Holiday Card Day
All Day | Childcare

Reformer Wonderland
9:30am–10:00am | 10:45am–11:15am
5:00pm–5:30pm | Pilates Studio

ZUMBA® with a Taste of Bhangra
9:00am–9:50am | Studio

Restorative, Relax, and Resonate
11:00am–11:50am | Studio 2

Swim Lesson Demos
3:00pm–4:30pm | Lap Pool

Holiday Jab Boxing Demo
4:00pm–5:00pm | Fitness Floor

Muay Thai Madness
5:15pm–6:05pm | Studio 1

Tuesday, December 10

Member Milestone Wall
All Day | Lobby

Gingerbread House Creators
9:00am–12:00pm | Childcare

Bathing Cap Beauties
9:30am–10:20am | 5:00pm–5:50pm
Lap Pool

Reformer Wonderland
11:30am–12:00pm | 5:30pm–6:00pm
Pilates Studio

Tuesday, December 10 Continued

Swim Lesson Demos
2:30pm–4:30pm | Lap Pool

Yuletide Movement Assessment
4:00pm–5:00pm | Fitness Floor

Wednesday, December 11

Pajama Day
All Day | Lobby

Holidays Around the World
All Day | Childcare

Rap VS Rock Cycle
9:00am–9:50am | Cycle Studio

Aqua Volleyball
9:15am–10:05am | Lap Pool

Reformer Wonderland
3:30pm–4:00pm | Pilates Studio

Yuletide Movement Assessment
4:00pm–5:00pm | Fitness Floor

Swim Lesson Demos
5:00pm–6:00pm | Lap Pool

Black Light Heavy Bag Combo
5:15pm–6:05pm | Studio 1

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

Thursday, December 12

Holiday Scavenger Hunt
All Day | Lobby

Build Your Own Snowman
9:00am–12:00pm | Childcare

Disco Cycle
9:00am–10:50am | Cycle Studio

Reformer Wonderland
10:30am–11:00am | 4:00pm–4:30pm
Pilates Studio

Swim Lesson Demos
4:00pm–5:30pm | Lap Pool

Holiday Jab Boxing Demo
4:00pm–5:00pm | Fitness Floor

Holiday Dance Workshop
6:00pm–7:00pm | Studio 1

Friday, December 13

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

African Beats
11:15am–12:05pm | Studio 1

Reformer Wonderland
11:30am–12:00pm | Pilates Studio

Swim Demo
3:00pm–4:00pm | Lap Pool with Elli

Functional Core Strength
4:00pm–5:00pm | Fitness Floor

Drop 'N Shop
4:00pm–7:00pm | Childcare

Saturday, December 14

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

Letters to Santa
9:00am–12:00pm | Childcare

Aqua Volleyball
9:00am–10:00am | Lap Pool

Intro to Jazz Dance
11:45am–12:35pm | Studio 1

Swim Lesson Demos
11:00am–12:00pm | 1:00pm–2:00pm
Lap Pool

Boxing Technique Full Body
1:00pm–2:00pm | Fitness Floor

Sunday, December 15

Hip Hop Cycle
9:00am–9:50am | Cycle Studio

Tree Decorating
9:00am–12:00pm | Childcare

Holiday ZUMBA® Sentao Party
10:00am–10:50am | Studio 1

Reformer Wonderland
1:00pm–1:30pm | Pilates Studio

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

Beginner Strength Demo
3:00pm–4:00pm | Fitness Floor