



# Member Appreciation Week

MONDAY, DECEMBER 8 - through -**SUNDAY, DECEMBER 14** 

# ->>**\***<<-

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\*.



#### Monday, December 8

**\*\*** Pajama Palooza CozyFest All Day | Center Wide

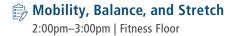
## Tree Decorating

9:00am-12:00pm | Childcare

#### **Yultide Yogala-tea**

10:00am-10:50am | Studio 2

#### 🗐 Urban Pilates: Unwrapped 12:30pm-2:30pm | Pilates Studio



#### Splashin' Through the Snow 2:00pm-3:00pm | Therapy Pool

Rock the Bells 3:00pm-4:00pm | Fitness Floor

# Santa's Cycle & Sculpt

5:30pm-6:20pm | Cycle Studio

# Tuesday, December 9

#### **BRRR-urn Bootcamp**

9:00am-9:50am | Studio 1

#### Splash & Sleigh

10:00am-10:50am | Therapy Pool

#### \* Parent & Me Holiday Cards 10:00am-11:30am | Library

Splashin' Through the Snow 2:00pm-3:00pm | Therapy Pool

#### Urban Pilates: Unwrapped 2:30pm-4:30pm | Pilates Studio

Arm Yourself for the Holidays 5:00pm-6:00pm | Fitness Floor

#### Santa's Circuit

5:30pm-6:20pm | Studio 1

#### Wednesday, December 10

**Member Shoutout Extravaganza** All Day | Lobby

#### **Holidays Around the World** All Day | Childcare

Core & Cocoa

10:30am-11:00am | Studio 1

#### Urban Pilates: Unwrapped 12:30pm-2:30pm | Pilates Studio

Splashin' Through the Snow 2:00pm-3:00pm | Therapy Pool

# Sleigh The Weights

5:00pm-6:00pm | Fitness Floor

## Thursday, December 11

**Gingerbread House Creators** 

All Day | Childcare

#### Santa's Cycle

9:00am-9:50am | Studio 2

# **Peppermints & Pilates**

10:00am-10:50am | Studio 2

#### Splashin' Through the Snow 2:00pm-3:00pm | Therapy Pool

 Urban Pilates: Unwrapped 2:30pm-4:30pm | Pilates Studio

#### Candy Cane and Cardio Blast 4:00pm-5:00pm | Cardio Zone

Reindeer Resistance Rally 5:00pm-6:00pm | Strength Machines Area

#### **Merry Moves**

6:30pm-7:20pm | Studio 1

#### Artic BODYATTACK™

7:30pm-8:20pm | Studio 1

#### Friday, December 12

**W** Ugly Sweater Day

All Day | Center-wide

#### Jingle Jam

9:00am-9:50am | Studio 1

Urban Pilates: Unwrapped 12:30pm-2:30pm | Pilates Studio

Splashin' Through the Snow 2:00pm-4:00pm | Therapy Pool

**₿ Drop N' Shop** 4:00pm-7:00pm | Childcare

Frosty's Forever Fit

4:30pm-5:20pm | Studio 2

#### Saturday, December 13

**Snow Much Fun Saturday** 8:30am-1:30pm | Group Fitness Studios

> Letters to Santa & Cocoa Craft 9:00am-11:00am | Childcare

**A Pictures with Santa** 9:00am-12:00pm | Lobby

 Urban Pilates: Unwrapped 10:30am-12:30pm | Pilates Studio

Frosty Friends Animal Flow QiGong and Soundbath (Ages 3+) 12:00pm-12:30pm | Studio 2

Pajama Pilates (Ages 12+)

12:45pm-1:30pm | Studio 2

#### Sunday, December 14

Hanukkah Kickoff

All Day | Center Wide

**Sleigh All Day** 

8:30am-12:30pm | Group Fitness Studios

**Build Your Own Snowman** 

9:00am-12:00pm | Childcare



