



# Member Appreciation Week

**MONDAY, DECEMBER 8**

- through -

**SUNDAY, DECEMBER 14**






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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 Yoga-tea**  
10:00am–10:50am | Studio 2
-  **Urban Pilates: Unwrapped**  
12:30pm–2:30pm | Pilates Studio
-  **Mobility, Balance, and Stretch**  
2:00pm–3:00pm | Fitness Floor
-  **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

-  **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
-  **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