RWJ RAHWAY Robert Wood Johnson Fitness & Wellness Center

Member Appreciation Week

MONDAY, DECEMBER 7

- through -

SATURDAY, DECEMBER 12

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

Daily Dose of Appreciation
All Week | Lobby
Start each day with a little something extra! Stop by the lobby for different surprises, treats, or giveaways every day.

Member Milestone Banner
All Day | Lobby
Share a moment you're proud of this year: a goal reached, a milestone celebrated, or simply something that made you smile.

Member Appreciation FITmas Bingo
All Day
Participate by completing challenges and having them verified by a staff member. Aim to get five in a row to score BINGO and turn in your completed card for a giveaway entry, with the option to grab another card for more chances to win.

Winter Craft Week in Childcare
All Day | Childcare
Join us in childcare to make fun and festive holiday crafts.

Monday, December 7

Yogala-Tea: Stretch, Sculpt & Sip
10:00am–10:50am | Studio 2

Splashin' Through the Snow
11:00am–12:00pm | Aquatics Center

URBAN PILATES: Unwrapped
12:30pm–1:30pm | Pilates Studio

Mobility, Stretch, and Balance
2:00pm–3:00pm | Fitness Floor

Sleigh that Weight
5:00pm–6:00pm | Fitness Floor

Merry Mayhem: BODYATTACK™ vs LES MILLS TONE™
6:30pm–7:20pm | Studio 1

Tuesday, December 8

Box & BRRR-urn
9:00am–9:50am | Studio 1

Splashin' Through the Snow
11:00am–12:00pm | Aquatics Center

Ring the Kettlebells
12:00pm–1:00pm | Fitness Floor

URBAN PILATES: Unwrapped
3:30pm–4:30pm | Pilates Studio

Tuesday, December 8 Continued

Silent Night. Stronger Core
5:00pm–6:00pm | Fitness Floor

Santa's Circuit: Naughty or Nice
5:30pm–6:20pm | Studio 1

Wednesday, December 9

Holiday Wellness RWJ Pop-Up
9:00am–1:00pm | Lobby

Let It Flow Vinyasa
10:00am–10:50am | Studio 2

Splashin' Through the Snow
11:00am–12:00pm | Aquatics Center

Sleigh that Weight
12:00pm–1:00pm | Fitness Floor

URBAN PILATES: Unwrapped
12:30pm–1:30pm | Pilates Studio

TRX Demo
5:00pm–6:00pm | Fitness Floor

Merry Moves: ZUMBA® Party
7:30pm–8:20pm | Studio 1

Thursday, December 10

Tis The Season For Strength & Stability
11:00am–11:50am | Studio 1

Splashin' Through the Snow
11:00am–12:00pm | Aquatics Center

Dashing through the Rows
12:00pm–1:00pm | Fitness Floor

URBAN PILATES: Unwrapped
3:30pm–4:30pm | Pilates Studio

Band Works
5:00pm–6:00pm | Fitness Floor

Reindeer Games: Holiday Cycle and Trivia
6:30pm–7:20pm | Cycle Studio

Winter Wind-Down
7:30pm–8:20pm | Studio 2

Friday, December 11

Rhythm, Vibes & Good Times
11:00am–11:50am | Studio 1

Splashin' Through the Snow
11:00am–12:00pm | Aquatics Center

Friday, December 11 Continued

Jingle Bells and Dumbbells
12:00pm–1:00pm | Fitness Floor

URBAN PILATES: Unwrapped
12:30pm–1:30pm | Pilates Studio

All I Want for Xmas is Glutes
4:00pm–5:00pm | Fitness Floor

Drop 'N Shop
4:00pm–7:00pm | Childcare
See Childcare for more information.

Saturday, December 12

Sleigh All Day Saturday
8:30am–12:00pm | Group Fitness Studios

Grinchy Slime Making
9:30am–11:30am | Childcare

Deck the Halls with Medicine Balls
9:00am–10:00pm | Fitness Floor

A Morning with Santa
10:00am–12:00pm | Lobby

Festive Face Painting Fiesta
10:00am–12:00pm | Childcare

URBAN PILATES: Unwrapped
10:30am–12:30pm | Pilates Studio

Let It Mobility Flow
12:00pm–1:00pm | Fitness Floor

HOLIDAY SPIRIT THEMES

Each day brings a brand-new holiday theme.

12/7	**Pajama Palooza!**	*Wear your comfiest PJ's*
12/8	**Holiday Movie Characters**	*Dress up as your favorite Holiday movie character*
12/9	**Holiday Head to Toe**	*Wear your favorite holiday hats and headbands and festive socks*
12/10	**Festive Flannel Day**	*Wear your favorite cozy flannel*
12/11	**Ugly Sweater Day**	*Break out your ugliest, tackiest, most over-the-top Christmas sweater!*
12/12	**Santa's Workshop**	*Wear your favorite holiday outfit!*

Highlighted Event *Registration Required. Please see the front desk to register.*

**Guests must be 18 years or older. Must show ID. Must fill out a waiver and have blood pressure taken. Some restrictions apply.*

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