

Happy Holidays

Member Appreciation Week

MONDAY, DECEMBER 4 - SATURDAY, DECEMBER 9

Enjoy some extra attention, giveaways, and exciting experience created just for you!
Plus, bring a friend for free all week long.*

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

SCHEDULE OF EVENTS

MONDAY, DECEMBER 4

MINDFUL MONDAY

10:45AM - 11:45AM

Feldenkrais with a Twist | Studio 2

Experience Feldenkrais with a touch of Pilates.

11:45AM - 12:45PM

Mindful Movement | Pilates Studio

Join this Group Pilates Demo to focus on your mind-body connection. Sign up at the Reception Desk to reserve your spot.

12:00PM - 1:00PM

Minding the Barre | Studio 2

Stretch your mind and body into serenity.

6:30PM - 7:30PM

Flexibility & Balance | Pilates Studio

Join this Group Pilates Demo to focus on flexibility and balance to improve your everyday movements. Sign up at the Reception Desk to reserve your spot.

TUESDAY, DECEMBER 5

LET'S PARTY!

9:30AM - 10:15AM

Zumba® to the Movies! | Studio 3

Dance to your favorite movie soundtracks!

7:00PM - 8:00PM

Reformer Flow Party! | Pilates Studio

This Group Pilates Demo incorporates music and fluid movements on the Reformer. Sign up at the Reception Desk to reserve your spot.

WEDNESDAY, DECEMBER 6

WORKOUT WEDNESDAY

10:30AM - 11:30AM

Reformer Circuit Training | Pilates Studio

Experience Pilates Reformer and chair exercises in this Group Pilates Demo focused on challenging your core and helping stability. Sign up at the Reception Desk to reserve your spot.

1:30PM - 2:30PM

Reformer Circuit Training | Pilates Studio

Experience Pilates Reformer and chair exercises in this Group Pilates Demo focused on challenging your core and helping stability. Sign up at the Reception Desk to reserve your spot.

4:00PM - 4:30PM

Boxing Small Group Training | Fitness Floor

Box your way to a better you. Learn boxing techniques and proper form with Personal Trainer Jinkei.

4:30PM - 5:00PM

Circuit Training | Fitness Floor

Advance your workout with a variety of weight-training equipment lead by Personal Trainer Jinkei.

5:00PM - 5:30PM

Boxing Small Group Training | Fitness Floor

Box your way to a better you. Learn boxing techniques and proper form with Personal Trainer Jinkei.

WEDNESDAY, DECEMBER 6 (CONT.)

5:30PM - 6:00PM

Circuit Training | Fitness Floor

Advance your workout with a variety of weight-training equipment lead by Personal Trainer Jinkei.

THURSDAY, DECEMBER 7

A LITTLE SELF-LOVE

1:30PM - 2:30PM

Self-Appreciation Gentle Yoga | Studio 2

Experience self-appreciation through poses and visualization.

5:00PM - 6:00PM

Ask the Nurse | Lobby

Experience self-appreciation through poses and visualization.

7:30PM - 8:30PM

Positive Intention Pilates | Pilates Studio

Learn to focus and move with intention in the Group Pilates Demo. Sign up at the Reception Desk to reserve your spot.

FRIDAY, DECEMBER 8

FRIDAY FUN!

5:00PM - 9:00PM

Drop 'n' Shop | Childcare

Let your child have fun at the Center while you holiday shop or just take time for yourself! See Childcare for more information and to sign up.

5:30PM - 6:30PM

Cardio Circuit | Pilates Studio

This Group Pilates Demo challenges your cardio and endurance. Sign up at the Reception Desk to reserve your spot.

SATURDAY, DECEMBER 9

FAMILY FUN!

9:00AM - 10:00AM

Family BODYJAM™ | Studio 1

Family fitness for ages 10 years or older.

9:00AM - 11:00AM

Breakfast with Santa | Lobby

Bring your camera to capture the memory! Each child will receive a gift bag from Santa. Plus, enjoy coffee and light refreshments. Fun holiday crafts and games will be held in childcare

10:00AM - 11:00AM

Family Circuit Training | Fitness Floor

This circuit-based Small Group Training uses your bodyweight and gravity. Run by Personal Trainer Chris. For ages 12 years or older.

KEEP YOUR EYES OPEN FOR
POP UP SURPRISES THROUGHOUT
THE WEEK TO FURTHER SHOW
OUR APPRECIATION!

—RWJ Fitness & Wellness Center Staff