



# Member Appreciation Week

Monday, December 6<sup>th</sup> – Saturday, December 11<sup>th</sup>

Enjoy some extra attention and exciting experiences created just for you!

Plus, bring a friend for free all week long.\*

## MONDAY, DECEMBER 6<sup>TH</sup>

### Les Mills Tone™

8:30am–9:15am | Studio 3

### Circuit Training with Dan

9:00am–9:30am | Fitness Floor

### Aqua Zumba†

11:30am–12:15pm | Lap Pool

### Cycle

5:30pm–6:15pm | Cycle Studio

## TUESDAY, DECEMBER 7<sup>TH</sup>

### Total Fitness

9:30am–10:30am | Studio 3

### Kick Butt

6:00pm–6:45pm | Studio 3

## WEDNESDAY, DECEMBER 8<sup>TH</sup>

### Zumba®

9:30am–10:30am | Studio 3

### Synergy 360 with Jose

4:00pm–4:30pm | Fitness Floor

### Strength & Stretch

5:45pm–6:15pm | Pilates Studio

*Register ahead of time for this session please contact*

*Jackie Smiley-Edwards at [jackies@fitnessandwellness.org](mailto:jackies@fitnessandwellness.org)*

### BODYPUMP™

6:30pm–7:15pm | Studio 3

## THURSDAY, DECEMBER 9<sup>TH</sup>

### Gentle Yoga

9:30am–10:15am | Studio 2

### Resistance Bands Demo with Dan

10:30am–11:00am | Fitness Floor

### Tower Express

11:15am–11:45am | Pilates Studio

*Register ahead of time for this session please contact*

*Jackie Smiley-Edwards at [jackies@fitnessandwellness.org](mailto:jackies@fitnessandwellness.org)*

### BODYCOMBAT™

5:30pm–6:15pm | Studio 3

## FRIDAY, DECEMBER 10<sup>TH</sup>

### Walk It

9:30am–10:15am | Studio 3

## SATURDAY, DECEMBER 11<sup>TH</sup>

### Zumba®

9:00am–10:00am | Studio 1

### Breakfast with Santa

9:00am–11:00am | Lobby