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

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

## **ALL WEEK**

#### **Spirit Week Costume Contest**

Monday, December 5 – Friday, December 9
Dress up every day according to our themes to receive a raffle ticket for our Member Appreciation Drawing.
Drawing is on Saturday.

#### **Member Appreciation Refreshment Table**

Everyday we will have a table by the front desk full of a selection of drinks and grab and go snacks.

## MONDAY, DECEMBER 5

## Theme: Ugly Sweaters

Break out those "ugly" sweaters to show your winter cheer.

## Santa Baby Aqua Zumba® Pool Party

9:15am-10:05am | Lap Pool

### **InBody Composition Assessments**

12:00pm-3:00pm | Nurse's Office

#### Pilates Reformer Gentle Flow<sup>†</sup>

11:00am-11:40am | Pilates Studio

## TUESDAY, DECEMBER 6

### Theme: Holiday Pajamas

Show us how you beat the winter chill and have a cozy little workout.

## **InBody Composition Assessments**

8:00am-12:00pm | Nurse's Office

### Pilates Reformer Gentle Flow<sup>†</sup>

11:00am-11:40am | Pilates Studio

# WEDNESDAY, DECEMBER 7

#### Theme: Black Tie

Wear you holiday best and make your workout an elegant black tie affair!

#### **InBody Composition Assessments**

1:00pm-4:00pm | Nurse's Office

### Strength & Stretch on the Pilates Reformer<sup>†</sup>

6:30pm-7:10pm | Pilates Studio

# THURSDAY, DECEMBER 8

## Theme: Groovy Little Holiday

Celebrate the holiday season with your favorite 60's and 70's style.

## Tower Express<sup>†</sup>

11:30am-12:10pm | Pilates Studio

## **InBody Composition Assessments**

3:00pm-6:00pm | Nurse's Office

## Winter Meditation & Yoga Nidra

7:00pm-8:00pm | Studio 1

## FRIDAY, DECEMBER 9

## Theme: Holiday Characters

Let's all go to the movies! Come as your favorite holiday movie character!

## **InBody Composition Assessments**

8:00am-1:00pm | Nurse's Office

#### Winter Sleigh Ride Cycle

9:30am-10:30am | Cycle Studio

#### Strength & Stretch on the Pilates Reformer<sup>†</sup>

12:30pm-1:10pm | Pilates Studio

## SATURDAY, DECEMBER 10

#### **Breakfast & Pictures with Santa**

10:00am-12:00pm | Main Lobby

#### Tower Express<sup>†</sup>

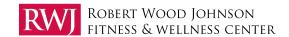
10:00am-10:40am | Pilates Studio

## **SUNDAY, DECEMBER 11**

## Pilates Reformer Gentle Flow<sup>†</sup>

8:00am-8:40pm | Pilates Studio

† Please register ahead of time for all Pilates sessions. To register, please contact Jackie Smiley–Edwards at jackies@fitnessandwellness.org



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