



Member Appreciation Week

Monday, December 5 – Sunday, December 11



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†

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†

11:00am–11:40am | Pilates Studio

WEDNESDAY, DECEMBER 7

Theme: Black Tie

Wear your 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†

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†

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†

12:30pm–1:10pm | Pilates Studio

SATURDAY, DECEMBER 10

Breakfast & Pictures with Santa

10:00am–12:00pm | Main Lobby

Tower Express†

10:00am–10:40am | Pilates Studio

SUNDAY, DECEMBER 11

Pilates Reformer Gentle Flow†

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



ROBERT WOOD JOHNSON
FITNESS & WELLNESS CENTER

* 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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