

# Member Appreciation Week

Monday, December 4 – Sunday, December 10

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

### Office Window Contest

Cast your vote in our Holiday Box for the best-decorated office window throughout the facility.

### Merry Fitness Contest

Join our Merry Fitness Contest by dressing up in your most festive fitness gear and take a picture in the club to be entered to win a prize.

### Snacks & Refreshments

Check out our snack table all week for a variety of pre- and post-workout foods.

## MONDAY, DECEMBER 4

### Arm Yourself for the Holidays

9:00am–9:30am | Fitness Floor with Jeff H.

### Aqua Zumba® and Cardio Party

9:00am–10:30am | Lap Pool with Jackie and Michael

### "Sleigh" Your Strength and Balance

10:45am–11:40am | Studio 1 with Jackie

### Total Request Ride

5:30pm–6:25pm | Cycle Studio with Sylvia

### Festive Flow *Limited to 4 Participants*

7:00pm–7:40pm | Pilates Reformer Studio with Sharon

To register contact: [jackies@fitnessandwellness.org](mailto:jackies@fitnessandwellness.org)

## TUESDAY, DECEMBER 5

### Winter Wonderland Walk-It

9:30am–10:25am | Studio 1 with Nicole

### Holly Jolly Fleximas *Limited to 4 Participants*

12:00pm–12:40pm | Pilates Reformer Studio with Megan

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## WEDNESDAY, DECEMBER 6

### Winter Core Express *Limited to 4 Participants*

5:00am–5:40am | Pilates Reformer Studio with Tamara

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### Total Request Ride

9:30am–10:25am | Cycle Studio with Nicole

## THURSDAY, DECEMBER 7

### Santa's Step Challenge

9:30am–10:25am | Studio 3 with Laura

### Polar Express Workout *Limited to 4 Participants*

9:30am–10:10am | Pilates Reformer Studio with Jackie

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## THURSDAY, DECEMBER 7 *CONTINUED*

### Holiday Express Zumba® and Zumba Toning

10:30am–11:25am | Studio 1 with Cheryl

### Rock the Bells Demo

3:30pm–4:00pm | Fitness Floor with Tom Z.

### Reps and Ride - BODYPUMP™ and Cycle Combo

5:00pm–6:55pm | Studio 1 and Cycle Studio with Amanda

## FRIDAY, DECEMBER 8

### Holiday Sweater Get-together

9:30am–11:00am | Lobby

Join our staff for snacks and holiday cheer!

### Drop 'N Shop

5:30pm–8:30pm | Childcare

See Childcare for more info.

### Festive Holiday Footwork *Limited to 4 Participants*

5:45pm–6:25pm | Pilates Studio with Jackie

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### Meditation and Yoga Nidra

7:00pm–7:50pm | Studio 2 with Charu

## SATURDAY, DECEMBER 9

### Breakfast with Santa

9:00am–12:00pm | Lobby

### National Holiday Card Day Celebration

9:00am–12:00pm | Childcare

Visit Childcare to make Holiday Cards for the whole family!

### Mistletoe Madness

9:00am–9:55am | Studio 1 with AnneMarie and Carlos

### Holiday Cookie Crusher *Limited to 4 Participants*

10:00am–10:40am | Pilates Reformer Studio with Jackie

To register contact: [jackies@fitnessandwellness.org](mailto:jackies@fitnessandwellness.org)

### Saturday Social Dance Party

2:30pm–4:00pm | Studio 3 with Dara

## SUNDAY, DECEMBER 10

### Yuletide Reformer Flow *Limited to 4 Participants*

8:30am–9:10am | Pilates Reformer Studio with Sharon

To register contact: [jackies@fitnessandwellness.org](mailto:jackies@fitnessandwellness.org)

### Disco Dance Fever

10:30am–11:25am | Studio 1 with Fred

### Self-Care Restorative Yoga Workshop

12:00pm–12:55pm | Studio 2 with Ed