

Member Appreciation Week

Monday, December 9 to Sunday, December 15

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.

Fuel & Refresh Station

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

Letter to Santa in Childcare

Get into the holiday spirit by writing a special letter to Santa! Share your wish list, spread cheer, or tell him about your year.

Monday, December 9

Nutcracker Sweets Ballet

11:30am–12:25pm | Studio 2 with Melissa



Pilates Festive Flow *Limited to 4 Participants*

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

Tuesday, December 10



Run Run Reindeer Reformer *Limited to 4 Participants*

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



Hold the Reins: TRX Demo

11:00am–11:30am | Studio 4 with Samson

Meet at the Personal Trainer Desk.

ZUMBA® Holiday Hop

4:30pm–5:25pm | Studio 1 with Kevin

Wednesday, December 11

National Stretching Day



Winter Core Express *Limited to 4 Participants*

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

Warm Wishes Stretch

5:35pm–6:05pm | Studio 2 with Kathy

Tidings of Tension Release

6:15pm–7:10pm | Studio 2 with Kathy



Pilates Polar Express Workout *Limited to 4 Participants*

6:30pm–7:10pm | Pilates Reformer Studio with Natalie

Merry Melt Yin Yoga

7:30pm–8:25pm | Studio 2 with Lauren

Thursday, December 12



Festive Holiday Footwork *Limited to 4 Participants*

5:30am–6:10am | Pilates Reformer Studio with Magda

Santa's Step and Strength Challenge

8:30am–9:25am | Studio 1 with Helen

Burn and Firm Holiday Blitz

9:30am–10:25am | Studio 3 with Laura



Sleds & Bells Circuit

2:30pm–3:00pm | Fitness Floor with Arjun

Meet at the Personal Trainer Desk.

Jingle Barre & Burn

5:30pm–6:25pm | Studio 2 with Sylwia



Tinsel & Toning *Limited to 4 Participants*

6:30pm–7:10pm | Pilates Reformer Studio with Jackie

Friday, December 13



Holiday Sweater Get-together

All Day | Lobby

Join our staff for snacks and holiday cheer!

Holiday HIIT

8:30am–9:25am | Studio 3 with Deb



Drop 'N Shop

5:00pm–8:00pm | Childcare

See Childcare for more information.

Holiday Express ZUMBA®

5:00pm–5:55pm | Studio 3 with Maria

Saturday, December 14



Breakfast with Santa

9:00am–12:00pm | Lobby



Holly Jolly Flexmas *Limited to 4 Participants*

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



Winter Wonderland Social Dance Ball

2:30pm–4:00pm | Studio 1 with Dara and Anne Marie

Sunday, December 15

Holiday Dance Party

10:30am–11:25am | Studio 1 with Fred

