



Member Appreciation Week

MONDAY, DECEMBER 8

- through -

SUNDAY, DECEMBER 14

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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

Fuel & Refresh Station

Stop by our refresh table each day for pre- and post-workout snacks, treats, and drinks to keep you fueled through the week.

InBody Holiday Ready

9:00am–2:00pm | Trainers' Desk

Get your body composition scan done with a trainer on our InBody Machine to know your numbers before the holidays.

Winter Craft Week in Childcare

Join us in childcare to make fun and festive holiday crafts.

Monday, December 8

Pilates Polar Express Workout

7:00am–7:45am | Pilates Studio

Limit to four (4) participants.

Winter Diamond Barre Sculpt

10:30am–11:30am | Studio 2

Jingle Buns

5:00pm–5:30pm | Fitness Floor

Ice Breaker Cardio

Country Music Awards: Country Line Dance

7:00pm–8:30pm | Studio 1

Tuesday, December 9

Holiday Gratitude Yoga

Chair Yoga & Meditation

1:30pm–2:30pm | Studio 1

Wednesday, December 10

Tinsel & Toning

5:30pm–6:15pm | Pilates Studio

Limit to four (4) participants.

Thursday, December 11

Winter Warm Up

Walk It: Hollywood Hits Edition

11:30am–12:30pm | Studio 3

Friday, December 12

Ugly Sweater Walk It Party

9:30am–10:30am | Studio 3

North Pole ZUMBA® Dance Party

5:00pm–6:00pm | Studio 3

Drop 'N Shop

5:00pm–8:00pm | Childcare

Saturday, December 13

Breakfast and Pictures with Santa

9:00am–12:00pm | Lobby

Winter Core Express

9:00am–9:45am | Pilates Studio

Limit to four (4) participants.

Dancers–Wizards & Holiday Magic

Feel the Beat Dance Party

12:00pm–1:30pm | Studio 3

Sunday, December 14

The Loyalty Lift: Les Mills BODYPUMP™

10:30am–11:30am | Studio 3



HOLIDAY SPIRIT THEMES

Each day brings a brand-new holiday theme.

- 12/8 Festive Flannel Day**
Wear your favorite cozy flannel.
- 12/9 Holiday Head to Toe**
Wear your favorite holiday hat/headband and festive socks.
- 12/10 Festive Duo Day**
Dress up with your workout buddy as your favorite holiday duo. *Frosty and Rudolph, etc.*
- 12/11 Holiday Pajama Day**
Dress up in your favorite holiday Pajamas.
- 12/12 Ugly Sweater Day**
Dress up in your ugliest sweaters.

