

Happy Holidays

Member Appreciation Week

MONDAY, DECEMBER 4 - SATURDAY, DECEMBER 9

Enjoy some extra attention, giveaways, and exciting experience created just for you!
Plus, bring a friend for free all week long.*

*Must be 18 years or older. Must show ID. Must fill out waiver and have blood pressure taken. Some restrictions apply.

SCHEDULE OF EVENTS

MONDAY, DECEMBER 4

MINDFUL MONDAY

9:30AM - 10:30AM

Peaceful BODYFLOW™ | Studio 1

This unique BODYFLOW™ class focuses on breathing and music to encourage relaxation.

6:30PM - 7:30PM

Mindful Yoga | Studio 2

Relax and destress at this calming yoga class.

TUESDAY, DECEMBER 5

LET'S PARTY!

10:30AM - 11:30AM

Hustle Dance Party | Studio 1

Flashback to the '70s in this fun dance class. No partner needed!

6:00PM - 7:00PM

Pool Party! | Aquatics Center

Pool fun and games for the family. Children must be accompanied by an adult. For ages 7 years or older.

6:00PM - 6:30PM

Zumboga | Fitness Floor

A winning combo of dancing, strength training, and yoga with Jazmin.

WEDNESDAY, DECEMBER 6

WORKOUT WEDNESDAY

10:00AM - 10:30AM

Holiday Bootcamp | Fitness Floor

Kyle kicks up a treat-worthy workout.

5:00PM - 7:00PM

Cheese n' Crackers with the Managers | Lobby

Indulge! Enjoy some post-workout cheese and crackers with the Center managers.

5:00PM - 7:00PM

Fitness Jeopardy | Fitness Floor

See a trainer on the Fitness Floor to participate. Correctly answer a fitness question and win a prize.

6:00PM - 6:30PM

Calorie Blast Cardio | Fitness Floor

Accelerate the burn on those holiday calories with Marcel.

KEEP YOUR EYES OPEN FOR
POP UP SURPRISES THROUGHOUT
THE WEEK TO FURTHER SHOW
OUR APPRECIATION!

—RWJ Rahway Fitness & Wellness Center at Carteret Staff

THURSDAY, DECEMBER 7

A LITTLE SELF-LOVE

8:30AM - 9:30AM

Accept Yourself Chair Yoga | Studio 2

Turn inward and nourish your soul.

9:30AM - 10:30AM

Accept Yourself Yoga | Studio 2

Start your day with calm strength.

5:30PM - 6:00PM

Rock 'n' Roll Cardio | Fitness Floor

Get pumped with a cardio workout to rock music with Jazmin.

7:30PM - 8:30PM

Accept Yourself Yoga | Studio 2

Melt away stress with this relaxing, mindful class. Find peace with cleansing breaths and calm music.

FRIDAY, DECEMBER 8

FRIDAY FUN!

ALL DAY

Staff Ugly Sweater Party!

Join in the fun all day!

6:00PM - 9:00PM

Drop 'n' Shop | Studio 2

Let your children have fun at the Center while you do holiday shopping or just take some time for yourself! See Childcare for more info, and to reserve your spot. Children must be potty trained.

7:00PM - 8:00PM

Special Giveaway Drawing for Members! | Lobby

Members have a chance to win great prizes. Must be present and participate in the fun to win!

7:00PM - 9:00PM

Holiday Pool Party! | Pool Area

Holiday fun in the pool and swim basket giveaway! Visit the Reception Desk to reserve your spot.

SATURDAY, DECEMBER 9

FAMILY FUN!

9:00AM - 11:00AM

Breakfast with Santa | Lobby

Bring your camera to capture the memory! Plus, enjoy coffee and light refreshments provided by Dunkin' Donuts®.

10:00AM - 11:00AM

Family BODYCOMBAT™ | Studio 1

Fuel family fitness. Ages 10 years or older.

11:00AM - 11:30AM

Gym Class Heroes | Small Group Training Room

An admirable family workout with Jazmin

