



Member Appreciation Week

Monday, December 6th – Saturday, December 11th



Enjoy some extra attention and exciting experiences created just for you!

Plus, bring a friend for free all week long.*

MONDAY, DECEMBER 6TH

Santa Baby Zumba®

9:00am–9:45am | Studio 1

Breakfast with Managers

11:00am–1:00pm | Lobby

CartereX Small Group Training Demo

5:00pm–5:30pm | Small Group Training Room

Swim Demos

6:30pm–7:30pm | Aquatics Center

Yuletide Yoga

7:00pm–7:45pm | Studio 2

TUESDAY, DECEMBER 7TH

Guess the Candy Canes

All Day | Lobby

Breakfast & BODYPUMP™ †

5:30am–6:15am | Studio 1

Swim Demos

9:00am–11:30am | Aquatics Center

Holiday Pool Party

10:00am–10:45am | Aquatics Center

Holiday Photo Night

5:00pm–8:00pm | Lobby

Core & Candy Canes

7:00pm–7:45pm | Studio 2

WEDNESDAY, DECEMBER 8TH

Believe in Your Elf Push-Up Contest

All Day | Fitness Floor

Say it Ain't Snow Zumba®

9:00am–9:45am | Studio 1

Breakfast with Managers

10:00am–12:00pm | Lobby

Intro into BODYPUMP™ †

4:30pm–5:00pm | Studio 1

Holiday Vendor Night

5:00pm–8:00pm | Lobby

WEDNESDAY, DECEMBER 8TH *CONTINUED*

BODYCOMBAT™ & Cookies

6:00pm–6:45pm | Studio 1

Holiday Pool Party

7:00pm–7:45pm | Aquatics Center

THURSDAY, DECEMBER 9TH

Who's Who?

All Day | Lobby

Holiday Pool Party

10:00am–10:45am | Aquatics Center

Swim Demos

10:30am–11:30am | Aquatics Center

Swim Demos

3:00pm–5:30pm | Aquatics Center

CartereX Small Group Training Demo

5:00pm–5:30pm | Small Group Training Room

Holly Jolly Hatha

6:00pm–6:45pm | Studio 1

FRIDAY, DECEMBER 10TH

Core & Candy Canes

9:30am–10:00am | Studio 1

Holiday Flow

10:00am–10:45am | Studio 2

Blood Pressure Screenings

12:00pm–1:00pm | Lobby

You're Sleigh'in It! Zumba®

7:00pm–7:45pm | Studio 1

SATURDAY, DECEMBER 11TH

Breakfast & BODYPUMP™ †

8:00am–8:45am | Studio 1

Bollywood

10:00am–11:00am | Studio 1

**RWJ RAHWAY
FITNESS & WELLNESS CENTER
at
CARTERET**

* Members who wish to bring a guest to classes that require a reservation must contact the Center prior to the class taking place as space and equipment are limited. Guests must be 18 years or older. Must show ID. Must fill out a waiver and have blood pressure taken. Some restrictions apply.

† Class requires a reservation through Empower M.E.