

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 with a Personal Trainer in the club to be entered to win a prize.

MONDAY, DECEMBER 4

Holiday Hustle

9:00am–10:00am | Studio 1 with Christyna

Breakfast with the Staff

9:00am–10:00am | Lobby

Swim Lesson Demos

12:00pm–3:00pm | Aquatics Center

Barre & Bites

4:00pm–5:00pm | Studio 2 with Holly
Enjoy delicious treats after class!

TUESDAY, DECEMBER 5

Festive Functional Fitness

9:00am–10:00am | Studio 1 with Stephanie

Hydration and Snacks with Personal Training

9:00am–10:00am | Fitness Floor

Blessings BODYBALANCE™

5:00pm–6:00pm | Studio 2 with Lori

Reindeer Ride

6:00pm–7:00pm | Cycle Studio with The Cycle Team

WEDNESDAY, DECEMBER 6

Lunch Time Pick-Me-Up

11:00am–1:00pm | Lobby

Swim Lesson Demos

12:00pm–3:00pm | Aquatics Center

Santa's Sculpt: Upper Edition

5:30pm–6:00pm | Studio 1 with Norma

Peppermints & Pump

7:00pm–8:00pm | Studio 1 with MJ

THURSDAY, DECEMBER 7

Vanilla & Vinyasa

9:00am–10:00am | Studio 2 with Michelle

Late Night Snack Break!

5:00pm–7:00pm | Lobby

Santa's Circuit

5:00pm–6:00pm | Studio 2 with Norma

FRIDAY, DECEMBER 8

Holly Jolly Dance Jam

9:00am–10:00am | Studio 1 with Nik

Holiday Sweater Get-together

9:30am–11:00am | Lobby

Join our staff for snacks and holiday cheer!

Parents Night Out

4:00pm–8:00pm | Childcare

Let your child have fun at the Center while you holiday shop, or just take time for yourself! See Childcare for more info.

Pump & Pour

6:00pm–7:00pm | Studio 1 with Annette

SATURDAY, DECEMBER 9

National Holiday Card Day Celebration

8:00am–12:00pm | Childcare

Visit Childcare to make Holiday Cards for the whole family!

Bagels & BODYCOMBAT™

9:00am–10:00am | Studio 1 with BODYCOMBAT Rockstars

Breakfast with Friends

9:00am–10:00am | Lobby

Holiday H2O

9:00am–10:00am | Lap Pool with Christyna

Swim Lesson Demos

12:00pm–3:00pm | Aquatics Center

SUNDAY, DECEMBER 10

Hydration and Snacks with Personal Training

9:00am–11:00am | Fitness Floor

Cinnamon & S.T.I.X.

9:00am–10:00am | Studio 1 with Arthur

Santa's Shuffle

11:00am–12:30pm | Studio 1 with Zumba Rockstars