



Member Appreciation Week

Monday, December 5 – Sunday, December 11



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

MONDAY, DECEMBER 5

Belly Dance

9:15am–10:15am | Studio 2

Foam Rolling Basics

5:00pm–5:30pm | Studio 3

H.I.T. (Holiday Interval Training)

5:15pm–6:00pm | Studio 2

Football Yoga

6:00pm–7:00pm | Second Floor Turf

TUESDAY, DECEMBER 6

Total Body Circuit

9:30am–10:30am | Second Floor Turf

Unleash & Stretch

10:30am–11:30am | Studio 2

Ho Ho Ho Come Ride with Me!

5:00pm–6:00pm | Cycle Studio

WEDNESDAY, DECEMBER 7

Swing, Lift, & Row

9:00am–10:00am | Studio 1

Boxing

10:00am–11:00am | Second Floor Turf

Rock the Bells

6:45pm–7:45pm | Studio 1

THURSDAY, DECEMBER 8

5K Treadmill Run/Walk

8:00am–9:00am | Fitness Floor

Sign-Up Required

Yoga Stretch for Runners

9:00am–10:00am | Second Floor Turf

THURSDAY, DECEMBER 8

CONTINUED

TRX Circuit

12:00pm–1:00pm | Second Floor Turf

FRIDAY, DECEMBER 9

12 Days of GRITmas

5:30am–6:30am | Studio 1

Jingle Bell Step

9:00am–10:00am | Studio 1

Movement & Flexibility

11:00am–12:00pm | Studio 2

Bodyweight Bootcamp

11:30am–12:30pm | Second Floor Turf

Holiday Salsa

12:30pm–1:30pm | Studio 1

SATURDAY, DECEMBER 10

Sprint™ to the Holiday Rush

7:30am–8:30am | Cycle Studio

Doughnuts & Deadlifts

8:30am–9:30am | Studio 1

Maywood Rockettes

9:00am–10:00am | Studio 3

SUNDAY, DECEMBER 11

12 Days of GRITmas

7:30am–8:30am | Studio 2

Unleash that Warrior

9:30am–10:30am | Studio 1