

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

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

Jingle Bell Ride

9:00am–10:00am | Cycling with Almeria

Ring the Bell

5:00pm–6:00pm | Studio 1 with Maria

Make a List, Check it Twice Total Body Circuit

6:00pm–7:00pm | Turf Area

TUESDAY, DECEMBER 5

H.I.T (Holiday Interval Training)

9:00am–10:00am | Turf Area

Ho Ho Ho Hi-Lo

11:00am–12:00pm | Studio 2 with Joe

Lose the Holiday Pounds

5:00pm–6:00pm | Studio 2 with Sareen

WEDNESDAY, DECEMBER 6

ABSolutely Needed This Season

8:30am–9:00am | Studio 2 with Derya

CHRISStmas Fitness

9:30am–10:30am | Studio 3 with Chris

Cha Cha Cha Salsa Holiday

11:30am–12:30pm | Studio 1 with Daniel

Gift Boxing and Wrapping Conditioning Demo

12:00pm–12:45pm | Turf Area

THURSDAY, DECEMBER 7

Combat the Holiday Stress

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

Light the Menorah Agility Demo

12:00pm–12:45pm | Turf Area

Get Pump This Season

5:00pm–6:00pm | Studio 1 with Sandra

FRIDAY, DECEMBER 8

Holiday Sweater Get-together

All Day | Lobby

Join our staff for snacks and holiday cheer! Vote for your favorite at the Reception Desk.

FRIDAY, DECEMBER 8 CONTINUED

Holly Jolly Bootcamp

5:30am–6:30am | Studio 1 with Andrew

Hold the Reins TRX Demo

9:00am–10:00am | Turf Area



Santa Babies Parent & Me Swim Demo

9:30am–10:00am | Therapy Pool

The H2O Reindeer

11:15am–12:15pm | Therapy Pool with Elizabeth

SATURDAY, DECEMBER 9



10 Year Anniversary Celebration

See below for details

SUNDAY, DECEMBER 10

Holiday Hangover Stretch Recovery Demo

11:00am–11:30am | Turf Area



10 YEAR ANNIVERSARY CELEBRATION

Saturday, December 9

Join us from 9:00am to 1:00pm for wellness, fitness, food, and fun for the whole family!

Santa's Family Bootcamp (ages 12+)

9:00am–9:30am | Turf Area

Family Obstacle Course through the North Pole (ages 8+)

9:30am–10:00am | Turf Area



Photos with Santa

10:00am–12:00pm | Lobby

Bring your camera, family, and fur babies for photos with Santa!

Weightlifting Wonderland

10:30am–11:00am | Turf Area

Family Zumba® (all ages)

11:30am–12:30pm | Turf Area



Pilates Reformer Demos

Pilates Reformer Studio

- 9:00am–9:30am | Pilates Tower with Derya
- 9:45am–10:15am | Pilates Reformer Fusion with Lateefah
- 10:30am–11:00am | Intro to Pilates Reformer with Geri
- 11:15am–11:45am | Golden Reformer with Elizabeth

To register for Pilates, please contact geraldines@fitnessandwellness.org.

Check out the event schedule for the entire list of events.