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 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

CHRIStmas 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 | Studio1 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.

Hackensack Meridian Fitness & Wellness

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 H20 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 3 % Y 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

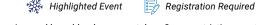
Pilates Reformer Demos

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.



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

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