



Hackensack  
Meridian  
Fitness & Wellness



Join us in celebrating our 10 Year Anniversary at our state-of-the-art facility with full access to our amenities and special programs.

Enjoy health screenings, wellness information, Group Fitness classes, and a complimentary InBody Assessment. Capture memories with Santa, entertain the kids, shop local vendors, and indulge in self-care stations.

**Don't miss this unforgettable celebration!**

Hackensack Meridian  
Fitness & Wellness

87 Route 17 North  
Maywood, NJ 07607  
201-843-4422

[HackensackMeridianFitness.com](http://HackensackMeridianFitness.com)

# 10 YEAR ANNIVERSARY CELEBRATION EVENT SCHEDULE



SATURDAY, DECEMBER 9 | 9:00AM-1:00PM

ALL-DAY ACTIVITIES		
9:00am–1:00pm	<b>Health Screening and Wellness Information</b> <i>Provided by Hackensack Meridian Health</i>	Lobby
9:00am–1:00pm	<b>Holiday Crafts</b> <i>Kids holiday arts and crafts in the Lobby and Childcare</i>	Lobby and Childcare

TIME	EVENT	LOCATION
9:00am–9:30am	<b>Pilates Reformer Tower Class</b> <i>Register by contacting <a href="mailto:geraldines@fitnessandwellness.org">geraldines@fitnessandwellness.org</a></i>	Pilates Studio
9:00am–9:30am	<b>Santa's Family Bootcamp</b> (Ages 12 years & up)	Turf
9:00am–10:00am	<b>Cycle</b>	Cycle Studio
9:00am–10:00am	<b>On the Barre</b>	Studio 3
9:30am–10:00am	<b>Les Mills BODYPUMP™ Basics</b>	Studio 2
9:30am–10:00am	<b>North Pole Family Obstacle Course</b> (Ages 8 years & up)	Turf
9:30am–10:25am	<b>Les Mills BODYCOMBAT™</b>	Studio 1
9:45am–10:15am	<b>Pilates Reformer Fusion</b> <i>Register by contacting <a href="mailto:geraldines@fitnessandwellness.org">geraldines@fitnessandwellness.org</a></i>	Pilates Studio
10:00am–10:30am	<b>Rowing Through the Holidays</b>	Fitness Floor
10:00am–10:30am	<b>Les Mills BODYCOMBAT™ Basics</b>	Studio 2
10:00am–12:00pm	<b>Photos with Santa</b> 	Lobby
10:00am–12:00pm	<b>Face Painting</b>	Lobby
10:30am–11:00am	<b>Basic Intro to Pilates Reformer</b> <i>Register by contacting <a href="mailto:geraldines@fitnessandwellness.org">geraldines@fitnessandwellness.org</a></i>	Pilates Studio
10:30am–11:00am	<b>Weightlifting Wonderland</b>	Turf
10:30am–11:00am	<b>Family Ride</b> (Ages 12 years & up)	Cycle Studio
10:30am–11:25am	<b>Afro Smash Dance</b>	Studio 1
10:30am–11:30am	<b>Power Yoga</b>	Studio 3
11:15am–11:45am	<b>Golden Reformer (Pilates Reformer for Seniors)</b> <i>Register by contacting <a href="mailto:geraldines@fitnessandwellness.org">geraldines@fitnessandwellness.org</a></i>	Pilates Studio
11:30am–12:30pm	<b>Family Zumba®</b> (All Ages)	Studio 1

Get social with us! Follow us and post using #hackensackmeridianfitnessandwellness

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