

Member Appreciation Week

Monday, December 9 to Sunday, December 15

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.

Fuel & Refresh Station

Check out our snack table all week for a variety of pre- and post-workout foods.

Photo Booth Fun

Snap some festive photos in our holiday-themed photo booth, complete with props and holiday décor. Share your pictures on social media and tag us in your posts for a chance to win a prize!

Monday, December 9

Holiday Karaoke Ride

5:30am–6:30am | Cycling Studio with Stacey

Jingle Bell Belly Dance

9:00am–9:45am | Studio 2 with Liza

Make a List, Check it Twice: Total Body Circuit

4:00pm–4:30pm | Turf with Vicky

Tuesday, December 10

The Grinch's Knockout

8:00am–8:45am | Studio 1 with Ray

Holiday STRONG Nation

6:30pm–7:30pm | Studio 1 with Sareen

Wednesday, December 11

Core Claus: Strength & Stretch

8:15am–8:45am | Studio 2 with Christopher

Stretching Tips & Tricks

12:00pm–1:00pm | Stretching Area with Steven

Hold the Reins: TRX Demo

7:00pm–7:30pm | Turf area TRX with Jules and Matt

Thursday, December 12

❄️ Letters to Santa

All Day | Childcare

Jingle Bells Kettlebell Circuit

11:00am–11:30am | Turf area with Elizabeth

Thursday, December 12 *Continued*

❄️ Get PUMPED and COMBAT Holiday Stress

BODYPUMP™ | 6:00pm–7:00pm | Studio 1 with Sandra
BODYCOMBAT™ | 7:00pm–8:00pm | Studio 1 with Carrie

Friday, December 13

Santa's BootCamp

8:00am–8:30am | Turf area with Sareen

❄️ Polar Express Pajama Party

8:30am–12:00pm | Childcare

❄️ National Hot Cocoa Day Celebration

9:30am–11:00am | Lobby

Splashes of Holiday Cheer: Aqua Fitness

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

Saturday, December 14

❄️ Holiday Fitness Festival

9:00am–1:00pm | See more information below

Sunday, December 15

Holiday Interval Training (H.I.T.)

11:00am–11:30am | Turf Area with Andy

❄️ Holiday Fitness Festival

Saturday, December 14

Join us from 9:00am to 1:00pm for fitness, food, and fun for the family! Be sure to check out the full event schedule on our website.

Get Your Glam On! Facepainting and Colored Hair Extensions by Parisian Beauty Academy

9:00am–1:00pm | Lobby

Holiday Craft Corner

9:00am–1:00pm | Lobby

Family North Pole Obstacle Course (ages 4+)

9:30am–10:00am | Turf with Cynthia and Matt



Photos with Santa

10:00am–12:00pm | Lobby

POUND® Fitness for the Whole Family (ages 4+)

10:30am–11:00am | Studio 1 with Sareen

Frosty Family Fitness (ages 4+)

11:00am–11:30am | Studio 1 with Sareen

