Hackensack Meridian Fitness & Wellness

Join the festivities during our Holiday Fitness Festival 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

HOLIDAY FITNESS FESTIVAL
EVENT SCHEDULE

SATURDAY, DECEMBER 13 | 9:00AM–1:00PM

ALL-DAY ACTIVITIES			
9:00am–1:00pm	**Health Screenings and Wellness Information** *Provided by Hackensack Meridian Health*	Station	Community Outreach and Engagement
9:00am–1:00pm	**Face Painting & Hair Braiding** *Courtesy of Parisian Beauty Academy*	Station	Lobby
9:00am–1:00pm	**Teddy Bear Wellness Clinic & Kids Craft Zone**	Kid-friendly	Lobby
9:00am–12:30pm	**InBody Screenings & Grip Strength**		Office

TIME	EVENT		LOCATION
9:00am–11:00am	**Photos with Santa**	Kid-friendly	Lobby
9:00am–10:00am	**Cycle**		Cycle Studio
9:15am–10:15am	**Bootcamp**		Studio 2
9:15am–10:00am	**Family Yoga** *(Ages 8 & up)*	Kid-friendly	Studio 3
9:30am–10:30am	**BODYCOMBAT™**		Studio 1
9:30am–10:30am	**Reindeer in Training Obstacle Course** *(All ages)*	Kid-friendly	Upstairs Turf
10:00am–10:30am	**Pilates Reformer Demos** *Please email Maria at mariat@fitnessandwellness.org to reserve your spot.*		Pilates Studio
10:00am–1:00pm	**Little Chefs Holiday Hub** *Provided by Hackensack Meridian Health*	Kid-friendly	Community Education Room 2
10:15am–11:15am	**Power Yoga**		Studio 3
10:30am–11:00am	**Pilates Reformer Demos** *Please email Maria at mariat@fitnessandwellness.org to reserve your spot.*		Pilates Studio
10:30am–11:30am	**Afro Caribbean Step**		Studio 2
10:45am–11:15am	**Family Holiday Dance** *(Ages 3 & up)*	Kid-friendly	Studio 1
11:15am–11:50am	**Family Bootcamp** *(Ages 4 & up)*	Kid-friendly	Studio 1
11:30am–12:30pm	**Queen Elsa Meet & Greet** *Enjoy a singalong, dance party, photo ops, and royal fun!*	Kid-friendly	Community Education Room 1
12:00pm–12:30pm	**Family POUND®** *(Ages 5 & up)*	Kid-friendly	Studio 3
12:00pm–1:00pm	**ZUMBA®**		Studio 1

**Schedule may be subject to change.*

Kid-friendly *Station*

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

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