

Happy Holidays

Member Appreciation Week

FRIDAY, DECEMBER 1 - SATURDAY, DECEMBER 9

Enjoy some extra attention, giveaways, and exciting experiences created just for you!
Plus, bring a friend for free all week long.*

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

SCHEDULE OF EVENTS

FRIDAY, DECEMBER 1

A HELPING HAND

5:30PM - 8:30PM

Parent's Night Out | Childcare

Let your children have fun at the Center while you do holiday shopping or just take some time for yourself! See Childcare for more information, and to reserve your spot.

MONDAY, DECEMBER 4

MINDFUL MONDAY

9:15AM - 10:15AM

Recovery Ride | Cycle Studio

Take a break from the hectic holidays and restore your energy level.

10:00AM - 10:45AM

"Wholistic" StretchWell | Studio 1

Stretch your mind and body into serenity.

TUESDAY, DECEMBER 5

LET'S PARTY!

9:00AM - 10:00AM

Holiday Steppin' | Studio 1

Step like a pro to fun holiday tunes!

11:15AM - 12:15PM

Zumba® to the Movies | Studio 3

Dance to favorite movie soundtracks.

WEDNESDAY, DECEMBER 6

WORKOUT WEDNESDAY

7:00AM - 7:30AM

Stretching with Danielle M. | Fitness Floor

12:00PM - 12:30PM

Weight Training with Carlin | Fitness Floor

12:30PM - 1:00PM

Reformer: Jump Board | Pilates Studio

1:00PM - 1:30PM

Reformer: Core & More | Pilates Studio

2:00PM - 2:30PM

Bootcamp with Daniella | Fitness Floor

5:00PM - 5:30PM

Circuit Training with Denise | Fitness Floor

THURSDAY, DECEMBER 7

A LITTLE SELF-LOVE

8:00AM - 12:00PM

Chair Massages | Fitness Floor Hallway

Complimentary! Courtesy of Massage Envy. Merry De-stressing! Reserve your time. Preregister on the Massage Envy sign up sheet located at the Reception Desk.

10:30AM - 11:30AM

Self-Care Gentle Yoga | Studio 2

Experience self-appreciation through poses and visualization.

FRIDAY, DECEMBER 8

FRIDAY FUN!

11:00AM - 12:00PM

Healthy Snack Time | Childcare

For children ages 1-14 years of age.

3:00PM - 5:00PM

Pool Party! | Aquatics Center

Family Swim (Up to two children per parent is allowed.) Make a holiday splash with fun activities and music.

5:30PM - 6:00PM

Bingo | Fitness Floor

Bingo punch-cards will be distributed to members for six rounds of bingo, played every 10 minutes. Prizes will be involved!

7:00PM - 8:30PM

Member vs. Guest Pool Volleyball | Aquatics Center

Members can bring a guest to play. Let the games begin!

SATURDAY, DECEMBER 9

FAMILY FUN!

9:00AM - 10:00AM

Family Bootcamp | Fitness Floor

For ages 14 years or older.

9:00AM - 11:00AM

Breakfast with Santa | Lobby by the Tree

Bring your camera to capture the memory! Plus, enjoy coffee and light refreshments.

10:30AM - 11:00AM

Family Steppin' 101 | Studio 2

For ages 10 years or older.

KEEP YOUR EYES OPEN
FOR POP UP SURPRISES
THROUGHOUT THE WEEK
TO FURTHER SHOW
OUR APPRECIATION!

—CentraState Fitness & Wellness Center Staff

