

# Member Appreciation Week

Monday, December 9 - Sunday, December 15

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

## MONDAY, DECEMBER 9

7:30am - 8:30am  
Time for Holiday HIIT | Fitness Floor

11:05am - 12:05pm  
Zumba®-- Viva Cuba! | Studio 3

5:00pm - 5:30pm  
Weight Training | Fitness Floor

7:00pm - 8:00pm  
Get Pumped for the Holidays! | Studio 3

## TUESDAY, DECEMBER 10

9:00am - 10:00am  
TRX Holiday Jam | Laura

9:00am - 11:00am  
Pool Party | Aquatics Center

10:00am - 10:30am  
Holly Jolly Aquatics Bootcamp  
Aquatics Center

6:00pm - 6:55pm  
Jammin' Cycle | Cycle Studio

## WEDNESDAY, DECEMBER 11

9:30am - 10:30am  
Start-Before-2020 Strength Training  
Fitness Floor

10:00am - 10:55am  
Caring StretchWell | Studio 3

6:00pm - 7:00pm  
Merry Gainsmass! | Fitness Floor

6:30pm - 7:00pm | 7:00pm - 7:30pm  
Jingle Bell Jumpboard | Reformer Studio  
Sign ups will be on the table outside of the studio.  
Space is limited.

7:30pm - 8:25pm  
Love-Yourself Cardio Dance & Sculpt!  
Studio 1

## THURSDAY, DECEMBER 12

9:00am - 9:30am  
Mobility, Balance, Stretch | Fitness Floor

11:00am - 11:30am  
Belly Dance | Studio 1

6:00pm - 6:30pm  
Rock the Bells | Fitness Floor

6:00pm - 6:55pm  
Barrelicious Barre | Studio 1

7:00pm - 8:00pm  
Pool Party | Aquatics Center

## FRIDAY, DECEMBER 13

10:00am - 10:25am  
Arm Yourself for the Holidays | Studio 3

10:00am - 10:30am  
Lower-Body Workout | Fitness Floor

6:00pm - 7:00pm  
Zesty Zumba® | Studio 3

## SATURDAY, DECEMBER 14

8:30am - 9:00am | 9:00am - 9:30am  
Jingle Bell Jumpboard | Reformer Studio  
Sign ups will be on the table outside of the studio.  
Space is limited.

9:00am - 11:00am  
Breakfast with Santa | Lobby

## SUNDAY, DECEMBER 15

9:00am - 9:45am  
Balance and Mobility | Fitness Floor

*Keep your eyes open for pop up surprises throughout the week to further show our appreciation.*

