

Member Appreciation Week

Monday, December 4 – Sunday, December 10

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.

Merry Fitness Contest

Join our Merry Fitness Contest by dressing up in the day's theme, taking a Group Fitness class, or snapping a photo in our Merry Fitness Frame to be entered to win a holiday gift basket.

Keep an eye out for chair massages and smoothie sample pop-ups throughout the week!

MONDAY, DECEMBER 4

Theme of the Day: Holiday Pajamas

TRX Demo

9:00am–10:00am | Fitness Floor with Chris R.

Jingle Bell Barre

6:00pm–7:00pm | Studio 1 with Kelly

BODYPUMP™ 101

6:45pm–7:15pm | Studio 3 with Lisa C.

TUESDAY, DECEMBER 5

Theme of the Day: Holiday Hat Day

Winter Wonderland Ride

9:00am–9:55am | Cycle Studio with Natalie

Step into the Holidays - Step Sing-Along

10:00am–10:55am | Studio 1 with Cheryl and Kelly

Rock the Bells Demo

6:00pm–7:00pm | Fitness Floor with Tanner

WEDNESDAY, DECEMBER 6

Theme of the Day: Holiday Socks

North Pole Pool Party

8:00am–11:00am | Aquatics Center

Peppermints & Pilates

9:00am–9:50am | Studio 3 with Kelly

Polar Express Aqua Zumba®

9:30am–10:30am | Lap Pool with Cheryl

Mobility, Balance, and Stretch Demo

11:30am–12:30pm | Fitness Floor with Tony

Yuletide Yoga Foundations

5:45pm–6:40pm | Studio 2 with Esta

THURSDAY, DECEMBER 7

Theme of the Day: Light Up with colors and lights!



Who's Who?? Special Raffle

All Day | In Front of Member Services

TRX Personal Training Demo

10:30am–11:00am | Fitness Floor with Laura

Zumba® Lights!

11:15am–12:10pm | Studio 3 with Elcira

Winter Wonderland Ride

6:00pm–6:55pm | Cycle Studio with Natalie

Glow Dance Party

7:15pm–8:10pm | Studio 3 with Danielle

FRIDAY, DECEMBER 8

Theme of the Day: Holiday Socks

Holly Jolly Aquatics

8:45am–9:40am | Therapy Pool with Rosemary



Holiday Sweater Get-together

10:00am–11:00am | Entrance
Join our staff for snacks & holiday cheer!

Line Dance Ho-Ho-Ho Down

12:30pm–1:30pm | Studio 3 with Sharon C.

Candlelit Yin Yoga

5:00pm–6:00pm | Studio 1 with Lauren

SATURDAY, DECEMBER 9

Theme of the Day: Holiday Character



National Holiday Card Day Celebration

9:00am–12:00pm | Childcare
Visit Childcare to make Holiday Cards for the whole family!

Zumba® All Stars Dancing Elves

9:15am–10:10am | Studio 3 with The All Stars

Toyland Zumba® Toning

10:15am–11:10am | Studio 1 with Cheryl



Pilates in the Round

10:30am–12:30pm | Pilates Studio with Kayla
Please register by emailing jodib@fitnessandwellness.org.

SUNDAY, DECEMBER 10

Spinning Dreidels Zumba®

11:15am–12:10pm | Studio 3 with Cheryl