



# Member Appreciation Week

**MONDAY, DECEMBER 8**

- through -

**SUNDAY, DECEMBER 14**

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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

### Festive Fitness Bingo

Pick up your Bingo Card at the front desk and complete tasks to earn raffle tickets.



### Holiday Vendor Village

Throughout the week, local vendors will be on-site, spreading cheer with complimentary samples, treats, and giveaways.

## Monday, December 8

### Scrumps and Yum Yums

9:00am–12:00pm | Lobby



### Parent & Me Healthy Snack Craft

9:00am–11:00am | Childcare

5:00pm–7:00pm | Childcare

### Jingle Bell Barre

10:00am–10:55am | Studio 1

### TRX Small Group Training Demo

12:00pm–1:00pm | Studio 2

### Courtney's Ice Creamerys

4:00pm–7:00pm | Lobby



### POUND®, Step, and BODYPUMP™ for the Holidays

5:15pm–8:15pm | Studio 3

## Tuesday, December 9

### Winter Crafts

All Day | Childcare

### Livoti's Old World Market

9:00am–12:00pm | Lobby

### Stretching & Mobility Demo

9:00am–10:00am | Studio 2



### PilaTEA Party

11:00am–12:00pm | Pilates Studio

### Muscles & Mistletoe

4:15pm–5:10pm | Studio 1

### Snowy Mountain Interactive Cycle

6:00pm–7:00pm | Cycle Studio

## Wednesday, December 10

### Touchstone Crystals by Swarovski

9:00am–12:00pm | Lobby

### Crave Meal Prep

9:00am–12:00pm | Lobby

### Rock the Bells Kettlebell Small Group Training Demo

11:00am–12:00pm | Fitness Floor

### Group Fitness Aqua Pool Party

9:00am–11:00am | Aquatics Center

### Tinsel & Tone ZUMBA® Toning

11:00am–11:55am | Studio 3

## Thursday, December 11

### Holiday Boxing Demo

9:30am–10:30am | Fitness Floor Stretch Area

### Stretch & Balance

8:00am–8:50am | Studio 3

### UJammin in a Winter Wonderland

11:30am–12:20pm | Studio 3



### Winter Wonderland Ball

12:45pm–2:00pm | Studio 3

### Dave & Busters

4:00pm–7:00pm | Lobby

## Friday, December 12

### Qi Gong Meditation Small Group Training Demo

11:00am–12:00pm | Studio 2

### Santa Con Line Dance Edition

12:30pm–2:00pm | Studio 3

### Courtney's Ice Creamery

4:00pm–7:00pm | Lobby



### Parent & Child POUND®

5:15pm–6:10pm | Studio 3

## Saturday, December 13

### National Hot Cocoa Day Hot Cocoa Bar

8:00am–1:00pm | Group Fitness Studios



### Pictures with Santa

9:00am–12:00pm | Lobby

### Mimi's Magical Moments

9:00am–12:00pm | Lobby

### Jingle & Jamies: Holiday PJ ZUMBA®

9:30am–11:00am | Studio 3

## Sunday, December 14

### Light Up the Night Hanukkah ZUMBA®

11:15am–12:10pm | Studio 3



## HOLIDAY SPIRIT THEMES

Each day brings a brand-new holiday theme and we can't wait to see your festive flair.

- 12/8** Holiday Hat Day and Motivated Kick-Off
- 12/9** Holiday Character Day
- 12/10** Merry & Bright Wellness Wednesday
- 12/11** Holiday Sock Day
- 12/12** Holiday Sweater Day
- 12/13** Holiday PJ Day
- 12/14** Blue and White Day



Highlighted Event



Registration Required. Please see the front desk to register.

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