

Happy Holidays

Member Appreciation Week

SUNDAY, DECEMBER 3 - 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

SUNDAY, DECEMBER 3

MUSIC FOR THE SOUL

10:10AM - 11:10AM

Cycle with Live Music | Cycle Studio

Join Adonis and special guest Bongo Drummer John for this acoustic cycling ride.

MONDAY, DECEMBER 4

MINDFUL MONDAY

1:45PM - 2:30PM

Lunch with the Managers | Studio 1

Brainstorm with Center department managers on new ways to work out. Light lunch included.

7:00PM - 8:00PM

Zumba® with Live Music | Studio 1

Focus on a heart-pumping workout that leaves distractions at the door! Join Vin and Bongo Drummer John.

TUESDAY, DECEMBER 5

LET'S PARTY!

10:00AM - 11:00AM

Disco Zumba® | Studio 1

Wear your brightest discowear to class. Best dressed will win \$50 in Fitbucks!

5:00PM - 7:00PM

Tie-Dye Tuesday | Childcare

Bring a pair of socks or t-shirt for your child to tie-dye. Wait 'til you see the fun patterns that emerge!

8:00PM-9:00PM

Disco Zumba® | Studio 1

Wear your brightest discowear to class. Best dressed will win \$50 in Fitbucks!

WEDNESDAY, DECEMBER 6

WORKOUT WEDNESDAY

ALL DAY

Wacky Wednesday | Childcare

Let your children wear their wackiest mismatched outfit today!

2:15PM - 2:45PM

Aquakinetix Kickboxing | Therapy Pool

Swimsuit required for this aquatics workout that will have you soaked in sweat!

3:30PM - 4:14PM | 4:15PM - 5:00PM

Intro to Pilates Reformer | Pilates Studio

Discover the reformer's countless benefits. See why this workout is so hot! Space is limited. Sign up at the Reception Desk.

4:00PM - 4:30PM

TRX® Small Group Training Demo | Second Floor Functional Training Area

Learn how to multitask your full-body workout using our TRX equipment.

4:30PM - 5:00PM

Mobility Training | Second Floor Functional Training Area

Move better!

THURSDAY, DECEMBER 7

A LITTLE SELF-LOVE

ALL DAY

Thankful Thursday | Childcare

Children will create a self-authored and illustrated book of things they are thankful for this holiday season.

9:30AM - 10:30AM

Gentle Yoga | Studio 3

Relax and restore! It's time to focus on yourself for a change.

12:00PM - 1:00PM

Dance Through the Decades | Studio 1

Join the fun as we dance through the '50s, '60s, and '70s. Light refreshments will be served.

FRIDAY, DECEMBER 8

FRIDAY FUN!

ALL DAY

Staff Ugly Sweater Party!

Join in the fun all day!

5:00PM - 6:00PM

Family Zumba® | Studio 1

A family fitness fest! Parents must accompany children.

6:00PM - 9:00PM

Drop 'n' Shop | 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.

SATURDAY, DECEMBER 9

FAMILY FUN!

9:00AM - 11:00AM

Pictures with Santa | Lobby

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

9:00AM - 10:00AM

Family Cycle | Cycle Studio

Pedal into the holidays. Parents must accompany children. For ages 10 years or older and 48"+ tall.

THROUGHOUT THE WEEK

SPECIAL PRIZES

YOGA MATS

Daily Drawings | Pilates & Yoga Classes

One lucky participant from each day's Mind/Body classes will win a yoga mat. Make sure to receive a ticket at the start of class, so you can enter the drawing.

"MAKE A CHANGE" T-SHIRTS

Daily Drawings | Group Fitness Classes

Two lucky participants from each day's Group Fitness classes will win a "Make A Change" t-shirt. Make sure to receive a ticket at the start of class so, you can enter the drawing.

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

—Princeton Fitness & Wellness at Plainsboro Staff

