

# Happy Holidays

## Member Appreciation Week

MONDAY, DECEMBER 4 - 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

### MONDAY, DECEMBER 4

#### MINDFUL MONDAY

##### ALL DAY

**\$5 Shakes | Chris' Café**

Energize mind and body! Enjoy one of Chris' high-powered shakes for only \$5.

##### 12:00PM - 1:00PM

**Invigorating Discussion & Luncheon | Studio 3**

Join managers & staff for lunch while enjoying thought-provoking discussion about fitness and the mind-body connection.

##### 5:00PM - 8:00PM

**Holiday Bazaar & CPR Demo | Lobby**

Shop 'til you drop! Local vendors will be here for on-site shopping. Plus, join Craig from PHCS for a comprehensive demonstration and information about CPR.

### TUESDAY, DECEMBER 5

#### LET'S PARTY!

##### 9:30AM - 11:30AM

**CPR Demo & Information | Community Education**

Join PHCS for a comprehensive demonstration and information.

##### 10:20AM - 11:15AM

**Disco Zumba® | Studio 1**

Wear your brightest disco-wear to class.

##### 6:15PM - 7:15PM

**Zumba® with Live Music | Studio 1**

Join Vin and Bongo Drummer John for a pulsating, rhythmic Zumba® class.

### WEDNESDAY, DECEMBER 6

#### WORKOUT WEDNESDAY

##### 8:00AM - 9:00AM

**Bottoms Up | Fitness Floor**

Join Devon for a great lower-body workout!

##### 9:30AM - 11:30AM

**Balance & Posture | Community Education**

Megan Advani evaluates your posture & balance.

##### 6:00PM - 6:45PM

**Cardio Countdown | Fitness Floor**

Rob delivers an intense cardio workout. Great fun with a high-calorie burn!

##### 6:00PM - 6:45PM

**Children's Yoga | Studio 4**

Teach your child yoga's benefits early! Must be accompanied by an adult.

##### 7:00PM - 8:00PM

**Pilates Reformer Demonstration | Studio 3 Hallway**

Join our Pilates instructor for a Pilates Reformer Demo.

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

—Princeton Fitness & Wellness Staff

### THURSDAY, DECEMBER 7

#### A LITTLE SELF-LOVE

##### 12:15PM - 1:20PM

**Gentle Yoga with Lorraine | Studio 1**

Experience deeper self-appreciation and joy through this relaxing Gentle Yoga class.

##### 6:00PM - 7:00PM

**Celebrate Yourself Disco Zumba® | Studio 1**

Wear your brightest disco-wear for this happy celebration!

### FRIDAY, DECEMBER 8

#### FRIDAY FUN!

##### ALL DAY

**Staff Ugly Sweater Party!**

Join in the fun all day!

##### 5:00PM - 6:00PM

**Family Dance Party! | Studio 1**

A family fitness fest! Must be accompanied by an adult.

##### 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

**Breakfast with Santa | Lobby**

Bring your camera to capture the memory! Plus, enjoy coffee, hot cocoa, and light refreshments courtesy of Chris Café and Thomas Sweets.

##### 9:00AM - 10:00AM

**Family Cycle | Cycle Studio**

Pedal into the holidays. Must be accompanied by an adult. For ages 10 years or older and 48"+ tall.

##### 10:10AM - 11:10AM

**Cycle with Live Music | Cycle Studio**

Pedal to the beat with Sharon and special guest Bongo Drummer John.

### THROUGHOUT THE WEEK

#### SPECIAL EVENTS

##### FREE YOGA MATS

**Daily Drawings | Reception Desk**

For Member Appreciation Week we will be giving away one FREE Yoga Mat a day! To be eligible, take any Group Fitness class and at the end of class, instructors will hand out a ticket. Tickets must be deposited at the Front Desk. One winner will be drawn at the end of business day.

##### PHILLIES TICKETS & A NIGHT STAY AT THE NASSAU INN

**Silent Auction | Reception Desk**

To enter in the silent auction you must have an auction ticket. To receive an auction ticket members can do any of the following: Check-In to the Center, take a Group Fitness class, take a swim lesson, take a Pilates Reformer Session, or take a Personal Training session. Items donated include: four tickets to a Phillies Game where they will meet the announcers before the game and a Night stay at the Nassau Inn in Princeton, NJ.

