

# 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

9:00am - 10:00am | 6:00pm - 7:00pm  
Blood Pressure Checks & Bananas | Lobby

9:00am - 9:30am | 6:30pm - 7:00pm  
Rock the Bells | Fitness Floor

6:00pm - 7:00pm  
Holiday NIA Dance | Studio 3

## TUESDAY, DECEMBER 10

10:00am - 11:00am  
Special Saturday Night Fever Zumba®  
Dance Class | Studio 1

5:00pm - 7:00pm  
Holiday Bazaar | Lobby

8:00pm - 9:00pm  
Special Holiday-theme Zumba® Dance Class  
Studio 1

## WEDNESDAY, DECEMBER 11

7:05pm - 7:30pm  
Special Meditation/Stretch Class | Studio 3

## THURSDAY, DECEMBER 12

9:30am - 10:00am  
Holiday Hula Hoop Class | Studio 2

9:30am - 10:30am | 6:00pm - 7:00pm  
Special Full-Moon Yoga | Studio 3

## FRIDAY, DECEMBER 13

9:30am - 10:15am  
Active Adults Circuit | Studio 1

9:30am - 11:00am  
Holiday Sweater Get Together | Lobby

11:00am - 12:00pm  
Pilates Powerhouse Pop Class  
Pilates Reformer Studio

5:00pm - 8:00pm  
Drop 'N' Shop | Childcare  
Let your children have fun in the Center while you holiday shop or indulge in a little self-time. See Childcare for more information. Children must be potty-trained

## SATURDAY, DECEMBER 14

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

10:00am - 11:00am  
Holiday Cycle Ride | Cycle Studio

## SUNDAY, DECEMBER 15

12:30pm - 1:00pm  
Special Laughter Yoga | Studio 3

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

Princeton Fitness & Wellness  
at Plainsboro

An Affiliate of Princeton Medical Center

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

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