

Member Appreciation Week

Monday, December 6th – Saturday, December 11th

Enjoy some extra attention and exciting experiences created just for you!

Plus, bring a friend for free all week long.*

ALL WEEK

Body Composition Assessments

All Day | Nurses Office

MONDAY, DECEMBER 6TH

Motivation Monday

Special SoulBody Barre

10:30am–11:30am | Studio 3

Holiday Vendor Night

5:00pm–8:00pm | Main Lobby

BODYPUMP™†

6:00pm–6:15pm | Studio 2

TUESDAY, DECEMBER 7TH

Try it Tuesday– Try Something New!

Pilates Reformer Demo (Reservations Required)

9:00am–12:00pm | Pilates Studio

Register ahead of time for these 30-minute demo sessions at the table outside the Pilates Reformer Studio.

Try it Out Kettlebell Burn

9:30am–10:15am | Studio 2

Try it Out S.T.I.X.

6:00pm–7:00pm | Studio 2

WEDNESDAY, DECEMBER 8TH

Welcome "New Member" Wednesday

Group Fitness Raffle

All Day | Group Fitness Studios

Pilates Reformer Demos†

4:00pm–7:00pm | Pilates Studio

Register ahead of time for these 30-minute demo sessions at the table outside the Pilates Reformer Studio.

Welcome to Zumba®

7:00pm–8:00pm | Studio 1

Princeton Fitness & Wellness at Plainsboro

An Affiliate of Princeton Medical Center

THURSDAY, DECEMBER 9TH

Thankful Thursday

Group Fitness Raffle Winner Announcement

All Day | Three winners will be selected and contacted

Pilates Reformer Demos (Reservations Required)

8:00am–11:00am | Pilates Studio

FRIDAY, DECEMBER 10TH

Bring a Friend Friday

Childcare Drop & Shop (Reservations Required)

5:00pm–8:00pm | Childcare | 2 Hour Maximum

SATURDAY, DECEMBER 11TH

Santa & Squats Saturday

Breakfast with Santa

9:00am–12:00pm | Main Lobby

Squat It Saturday Demonstration in BODYPUMP†

9:00am–9:45am | Studio 2

GROUP FITNESS RAFFLE

Attend any Group Fitness class on Wednesday, December 7th and you can enter a raffle to win fitness goodies including a shirt, jump rope, and more!

Three winners will be selected and contacted on Thursday, December 8th.

* Members who wish to bring a guest to classes that require a reservation must contact the Center prior to the class taking place as space and equipment are limited. Guests must be 18 years or older. Must show ID. Must fill out a waiver and have blood pressure taken. Some restrictions apply.

† Class requires a reservation through Empower M.E.