

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.*

MONDAY, DECEMBER 6TH

Blood Pressure Checks & Bananas

9:00am–10:30am | Lobby

Blitzen Balance & Movement

10:30am–11:15am | Studio 1

Merry Mat Pilates– Special Mat Pilates Modifications

5:00pm–5:45pm | Studio 3

Pilates Reformer Demo *(Reservations Required)*

6:00pm–6:30pm | Pilates Studio A

TUESDAY, DECEMBER 7TH

Core & Candy Canes

8:45am–9:30am | Studio 1

Intro to Cycle †

9:00am–9:30am | Cycle Studio

Rock the Bells– Kettlebell Demonstration

4:30pm–5:15pm | Studio 1

Festive Fit 101

5:00pm–5:45pm | Studio 2

WEDNESDAY, DECEMBER 8TH

Tropical Pool Party †

10:00am–12:00pm | Aquatics Center

Blitzen Balance & Movement

10:30am–11:15am | Studio 1

Merry Mat Pilates

5:00pm–5:45pm | Studio 3

Tinsel & Tai Chi– An Introduction to Tai Chi

5:30pm–6:00pm | Studio 2

Pilates Happy Hour *(Reservations Required)*

5:00–5:45pm | 6:00pm–6:45pm | Pilates Studio A

Holiday Bazaar

5:00pm–7:00pm | Lobby & Main Hallway

THURSDAY, DECEMBER 9TH

Merry Mat Pilates

9:30am–10:15am | Studio 3

Holly Jolly Hydroball †

10:30am–11:15am | Aquatics Center

Holiday Hardcore

5:00pm–5:45pm | Studio 1

FRIDAY, DECEMBER 10TH

Core & Candy Canes

8:45am–9:30am | Studio 3

Tinsel & Tai Chi– An Introduction to Tai Chi

10:00am–10:30am | Studio 2

Intro to Les Mills™– Les Mills™ Sampler

10:30am–11:30am | Studio 3

Drop N' Shop *(Reservations Required)*

5:30pm–8:30pm | Childcare *(May move to Studio 3)*

SATURDAY, DECEMBER 11TH

Intro to Cycle †

7:30am–8:00am | 10:00am–10:30am | Cycle Studio

Cycle with Santa †

8:00am–8:45am | 9:00am–9:45am | Cycle Studio

Breakfast with Santa!

9:00am–11:00am | Lobby

Rock the Bells– Kettlebell Demonstration

9:00am–9:30am | Studio 2

Core & Candy Canes

10:00am–10:45am | Studio 1

Yuletide Yoga

8:00am–8:45am | 9:00am–9:45am | 10:00am–10:45am

11:00am–11:45am | Studio 3