



Member Appreciation Week

Monday, December 5 – Sunday, December 11



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

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

ALL WEEK

Ugly Sweater Contest

Come dressed in your ugliest holiday sweater. Winner will be drawn Saturday, December 10.

MONDAY, DECEMBER 5

Blood Pressure and Bananas

All Day | Downstairs Fitness Floor

Pilates Demo Day

9:30am–11:30am | Pilates Studio

Register ahead of time for this session, please contact plainsboropilates@fitnessandwellness.org.

Broadway SoulBody Barre

9:30am–10:30am | Studio 3

Sleigh It Zumba®

6:00pm–7:00pm | Studio 1

Pilates Reformer Open House

6:00pm–8:00pm | Pilates Studio

TUESDAY, DECEMBER 6

Holiday Bazaar

5:00pm–8:00pm | Main Lobby

Need some last minute holiday gifts? Find something for everyone from local vendors in the community.

Rock the Bells Kettlebell Workout

8:30am–9:30am | Studio 2

Chair Massages by Plainsboro Massage Spa

5:00pm–8:00pm | Lobby

Traveling Jewels

5:00pm–9:00pm | Lobby

The Learning Experience of West Windsor

5:00pm–8:00pm | Lobby

Broadway Barre

6:00pm–7:00pm | Studio 3

WEDNESDAY, DECEMBER 7

Believe in Your Elf Push-Up Contest

All Day | Downstairs Fitness Floor

Santa's Swimmers

9:45am–10:45am | Aquatics Center

Hatha Yoga for the Holidays

7:00pm–8:00pm | Studio 3

THURSDAY, DECEMBER 8

December Deadlifts

9:00am–11:00am & 6:00pm–8:00pm | Upstairs Fitness Floor

Pilates Reformer Open House

9:30am–11:30am | Pilates Studio

Balance & Movement Luau

10:30am–11:30am | Studio 1

FRIDAY, DECEMBER 9

Broadway Ballroom Dance

9:30am–10:30am | Studio 1

Drop N' Shop *(Reservations Required)*

5:00pm–8:00pm | Childcare

Sleigh It Zumba®

6:00pm–7:00pm | Studio 1

SATURDAY, DECEMBER 10

Nutcracker Barre

8:00am–9:00am | Studio 3

Breakfast with Santa

9:00am–12:00pm | Lobby

Holiday Laughter Yoga

9:00am–10:00am | Studio 3

Holiday BODYPUMP™

9:00am–10:00am | Studio 2

SUNDAY, DECEMBER 11

Cycling Through the Snow

10:00am–11:00am | Cycle Studio

Princeton Fitness & Wellness
at Plainsboro

An Affiliate of Princeton Medical Center

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

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