



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.*

MONDAY, DECEMBER 5

Blood Pressure Checks & Bananas

9:00am–10:30am | Lobby

Peppermints & Pilates

9:30am–10:30am | Studio 3

Frankincense & Flow

10:30am–11:30am | Studio 3

S.W.E.A.T. & Smores

4:00pm–5:00pm | Studio 1

Pilates Reformer Demo *(Reservations Required)*

5:00pm–5:45pm | Pilates Studio A

TUESDAY, DECEMBER 6

Festive Fit

8:30am–9:30am | Studio 2

Core™ & Cocoa

9:00am–9:30am | Studio 1

Bagels & Barre

10:30am–11:30am | Studio 1

Joy Ride

6:00pm–7:00pm | Cycle Studio

WEDNESDAY, DECEMBER 7

Tropical Pool Party

10:00am–12:00pm | Aquatics Center

Balance & Movement & Bites

10:30am–11:30am | Studio 1

Pump™ & Pour

5:00pm–6:00pm | Studio 1

Tai Chi & Tea

6:00pm–7:00pm | Studio 2

Holiday Bazaar

5:00pm–7:00pm | Lobby & Main Hallway

THURSDAY, DECEMBER 8

Merry Mat Pilates

9:30am–10:30am | Studio 3

Holly Jolly Hydroball

10:30am–11:30am | Therapy Pool

Hardcore Happy Hour

5:15pm–6:00pm | Studio 1

Joy Ride

6:00pm–7:00pm | Cycle Studio

FRIDAY, DECEMBER 9

Ramp in the New Year

8:30am–9:30am | Studio 2

Balance & Movement & Bites

11:30am–12:30pm | Studio 1

Cinnamon S.T.I.X.

6:00pm–7:00pm | Studio 1

Drop N' Shop *(Reservations Required)*

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

SATURDAY, DECEMBER 10

Breakfast with Santa

9:00am–11:00am | Lobby

Reindeer Games Ride with the Group Fitness Team

9:00am–10:00am | Cycle Studio

Vanilla & Vinyasa

10:00am–11:00am | Studio 3

SUNDAY, DECEMBER 11

Yuletide Yoga Foundations

9:00am–10:00am | Studio 3

Holiday Hustle

10:00am–11:00am | Studio 1