

Member Appreciation Week

Monday, December 4 – Sunday, December 10

Enjoy a week full of exciting experiences, classes, demos, giveaways, and much more ... created just for **YOU!** Plus, bring a friend for free all week long.*

ALL WEEK

Office Window Contest

Cast your vote in our Holiday Box for the best-decorated office window throughout the facility.

Merry Fitness Contest

Join our Merry Fitness Contest by dressing up in your most festive fitness gear and take a picture with a Personal Trainer in the club to be entered to win a prize.

MONDAY, DECEMBER 4

Blood Pressure & Bananas

9:00am–10:30am | Lobby

Peppermints & Pilates Mat Class

9:30am–10:25am | Studio 3 with Patti

S.W.E.A.T. & S'mores

4:00pm–4:55pm | Studio 1 with Carol

Santa's Mailbox Pilates Demo Sign-Up

4:00pm–6:00pm | Front Desk

Stop by the front desk and ask for Cathy to schedule your FREE Pilates demo. First 3 members to sign up receive a special holiday prize!

TUESDAY, DECEMBER 5

Sleigh "Sit & Get Fit"

10:30am–11:25am | Studio 1 with Rita

Pilates Reformer Meet, Mingle, and Studio Tours

5:30pm–7:15pm | Pilates Welcome Table

Jingle Bell Ride

6:00pm–6:55pm | Cycle Studio with Christy

WEDNESDAY, DECEMBER 6

BODYPUMP™ & Pie

9:30am–10:25am | Studio 1 with Martina

Tropical Pool Party

10:00am–12:00pm | Lap Pool with Mikayla

Holiday Bazaar

5:00pm–7:00pm | Lobby and Main Hallway

Smoothie Samples

5:00pm–7:00pm | Lobby

Provided by Princeton Café

Festive Power Flow

7:00pm–7:55pm | Studio 2 with Joelle

THURSDAY, DECEMBER 7

Pilates Reformer Meet, Mingle, and Studio Tours

9:30am–11:15am | Pilates Welcome Table

Holly Jolly Hydro Ball

10:30am–11:25am | Therapy Pool with Fran

Hardcore Happy Hour

5:15pm–5:55pm | Studio 3 with Kerri

FRIDAY, DECEMBER 8

Holiday Sweater Get-together

9:30am–11:00am | Lobby

Join our staff for snacks and holiday cheer!

Balance & Movement & Bites

11:30am–12:25pm | Studio 1 with Martina

HIIT for the Holidays

3:30pm–4:30pm | Studio 3 with Tyler

Parents Night Out

5:30pm–8:30pm | Childcare

Registration Required. See Childcare for more info.

Holiday Zumba® Party

6:00pm–6:55pm | Studio 1 with Pam

Cinnamon & S.T.I.X.

6:00pm–7:00pm | Studio 3 with Arthur C.

SATURDAY, DECEMBER 9

Holiday Craft Fair & Pictures with Santa

9:00am–12:00pm | Lobby

National Holiday Card Day Celebration

9:00am–12:00pm | Childcare

Visit Childcare to make Holiday Cards for the whole family!

Bustling BODYCOMBAT™

9:00am–9:55am | Studio 2 with Meredith

Winter Wonderland Ball

12:00pm–12:55pm | Studio 3 with Del

SUNDAY, DECEMBER 10

Yuletide Yoga Foundations

9:00am–9:55am | Studio 3 with Denise

Burn & Firm Holiday Express

9:00am–9:55am | Studio 2 with Laura

Boot Camp Bells

10:00am–10:55am | Studio 2 with Patti