

Member Appreciation Week

Monday, December 9 to Sunday, December 15

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 in the club to be entered to win a prize.

Holiday Movie Marathon in Childcare

Classic holiday movies and shows will be playing in childcare all week long.

Monday, December 9

Blood Pressure & Bananas

9:00am–10:30am | Lobby

Peppermint & Pilates Mat Class

9:30am–10:25am | Studio 3 with Patti

Cardio Recharge

5:00pm–5:30pm | Trainers' Desk with Sharon

Meet & Mingle with the Group Fitness Managers

5:00pm–7:00pm | Front Lobby

Reindeer Ride

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

Tuesday, December 10

Blessings BODYBALANCE™

8:30am–9:25am | Studio 3 with Nicole

Holiday Pilates Reformer Open House Party

10:00am–11:30am | Pilates Reformer Studios

Holiday De-stress Vinyasa Yoga

7:00pm–7:55pm | Studio 3 with Devi

Wednesday, December 11

Tropical Pool Party

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

Meet & Mingle with the Group Fitness Managers

5:00pm–7:00pm | Front Lobby

Holiday Bazaar

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

Smoothie Samples Provided by Princeton Café

5:00pm–7:00pm | Lobby

Yuletide Yoga

7:00pm–7:55pm | Studio 2 with Joelle

Thursday, December 12

Merry Moves

8:30am–9:25am | Studio 1 with Rita

Holly Jolly Hydro Ball

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

Holiday Hip-Hop Step Aerobics

12:00pm–1:00pm | Studio 2 with Moses

Pilates Reformer Client Appreciation

6:00pm–7:15pm | First Floor Pilates Studio

For current Pilates Reformer Clients only. Please see the front desk to register by Tuesday, December 12.

Friday, December 13

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

Drop 'N Shop

5:30pm–8:30pm | Childcare

See Childcare for more information.

Santa's Shuffle

6:00pm–7:30pm | Studio 1 with ZUMBA® Team

Saturday, December 14

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

Holiday Hustle

12:00pm–12:55pm | Studio 1 with Dara

Sunday, December 15

Yuletide Yoga Foundations

9:00am–9:55am | Studio 3 with Denise

Frosty's Fit & Firm

9:00am–9:55am | Studio 2 with Laura

Bootcamp Bells

10:00am–10:55am | Studio 2 with Patti