

Member Appreciation Week

Monday, December 9 - Sunday, December 15

Enjoy some extra attention, giveaways, and exciting experiences created just for you! Plus, bring a friend for free all week long.*

MONDAY, DECEMBER 9

All Week!

Pilates Demo | Reformer Studio

Sign up at the Reception Desk. First come, first served.

9:00am - 11:00am | 5:00pm - 7:00pm
Blood Pressure Checks & Fruit | Lobby

11:45am - 12:45pm
Rockin' Round the Strength & Balance Studio 1

FRIDAY, DECEMBER 13

9:30am - 11:00am
Holiday Sweater Get-together | Lobby

5:30pm - 6:15pm
Christmas Carol Cycle | Cycle Studio

5:30pm - 8:30pm
Drop 'N' Shop | Childcare
See Childcare for more information and to sign up. Children must be potty-trained.

TUESDAY, DECEMBER 10

5:00pm - 7:00pm
Holiday Bazaar | Lobby

6:00pm-7:00pm
Tropical Pool Party | Aquatics Center

SATURDAY, DECEMBER 14

11:00am - 12:30pm
Shake your Tinsel Zumba® Dance Party Studio 2

WEDNESDAY, DECEMBER 11

9:35am - 10:35am
Christmas Carol Cycle | Cycle Studio

10:00am - 10:30am | 6:30pm - 7:00pm
Rock the Bells | Fitness Floor

SUNDAY, DECEMBER 15

10:00am - 10:45am
Pound 45 - Holiday Edition | Studio 1

*Keep your eyes open
for pop up surprises
throughout the week to
further show
our appreciation.*

THURSDAY, DECEMBER 12

9:30am - 11:30am
Tropical Pool Party | Aquatics Center

11:15am - 12:15pm
Gentle Yoga | Studio 1

7:00pm - 8:00pm
T'ai Chi and Meditation | Studio 2



Fitness & Wellness
Center

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

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