

# Happy Holidays

## Member Appreciation Week

MONDAY, DECEMBER 4 - SATURDAY, DECEMBER 9

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

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

## SCHEDULE OF EVENTS

### MONDAY, DECEMBER 4

#### MINDFUL MONDAY

**8:00AM - 9:00AM**

**Yoga Fusion | Studio 1**

Enjoy extended meditation & post-class refreshments.

**10:45AM - 11:45AM**

**T'ai Chi Chih | Studio 2**

Enjoy extended meditation & post-class refreshments.

**6:00PM - 7:00PM**

**Bryan Pullin Experience | Studio 3**

Learn how to power your strength training routine with deliberate, mindful execution.

**7:20PM - 8:20PM**

**Restorative Yoga | Studio 1**

Enjoy extended meditation & post-class refreshments.

### TUESDAY, DECEMBER 5

#### LET'S PARTY, IT'S OUR BIRTHDAY!

**9:30AM - 10:15AM**

**Spivi® Cycle Party | Cycle Studio**

Post-class refreshments!

**12:00PM - 2:00PM**

**Pot Luck Lunch | Conference Room A**

See the reception desk for details on how to participate.

**5:30PM - 6:30PM**

**Let's Party! BODYPUMP™ | Studio 2**

Post-class refreshments.



### WEDNESDAY, DECEMBER 6

#### WORKOUT WEDNESDAY

**8:00AM - 9:00AM**

**Leg Burner with Kurt | Studio 3**

Professional soccer player and coach, Kurt, combines intense leg and cardio work to accelerate the burn.

**9:30AM - 10:30AM**

**Bryan Pullin Experience | Studio 3**

Learn how to power your strength training routine with deliberate, mindful execution.

**11:30AM - 12:30PM**

**Active Adults Conditioning with Natalie | Studio 3**

Balance your workout with this combination of cardio, strength, and core work. For ages 45 years or older.

**2:00PM - 3:00PM**

**Platinum Bootcamp with Leslie | Studio 3**

Never too old for bootcamp! Safely challenge yourself with modifications for all exercises performed. For ages 50 years or older.

**5:45PM - 6:15PM**

**Aerial Meditation with Melissa | Studio 3**

Restore yourself. Practice breathing exercises and guided meditation from the comfort of the aerial hammock.

### WEDNESDAY, DECEMBER 6 (CONT.)

**6:30PM - 7:30PM**

**HIIT Kickboxing with Joel | Studio 3**

Invigorate at this high-intensity interval training kickboxing workout.

**7:45PM - 8:15PM**

**Yoguys with Melissa | Studio 2**

Challenge your core and upper-body strength while developing lower-body flexibility. Ideal for athletes!

### THURSDAY, DECEMBER 7

#### A LITTLE SELF-LOVE

**5:00PM - 8:00PM**

**Chair Massages | Fitness Floor**

Complimentary! Courtesy of OhLaLa.

**5:25PM - 5:55PM**

**Foam Rolling Class | Studio 1**

Learn how to use the foam roller to self-massage and release muscle tightness.

### FRIDAY, DECEMBER 8

#### FRIDAY FUN!

**6:00PM - 9:00PM**

**Drop 'n' Shop | Childcare & Studios**

Let your child have fun at the Center while you holiday shop or just take time for yourself! See childcare for more information and to sign up.

### SATURDAY, DECEMBER 9

#### FAMILY FUN!

**9:00AM - 12:00PM**

**Breakfast with Santa | Conference Room A (Second Floor)**

Bring your camera to capture the memory! Plus, shop local vendors, create a holiday craft, and enjoy light refreshments.



KEEP YOUR EYES OPENED FOR POP UP SURPRISES THROUGHOUT THE WEEK TO FURTHER SHOW OUR APPRECIATION!

—Main Line Health Fitness & Wellness Center Staff

