



Member Appreciation Week

Monday, December 6th – Saturday, December 11th



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

Please note: All Group Fitness classes require a reservation which can be made using Empower M.E.*

ALL WEEK

Trainer's Table– Workout of the Day & More!

All Day | Fitness Floor

Holiday Sweater Contest

All Day | Front Lobby

Surprises, Raffles & More!

All Day | Front Lobby

MONDAY, DECEMBER 6TH

Refreshment Table

All Day | Front Lobby

Jewelry Shopping by Michele King Jewelry

All Day | Front Lobby

Motivational Monday BODYPUMP™

9:35am–10:20am | Studio 2

MTV 80's Cycle

6:00pm–6:45pm | Cycle Studio

Mucho Mas Merengue Zumba®

7:00pm–7:45pm | Studio 2

TUESDAY, DECEMBER 7TH

Reiki Demos

9:00am–11:00am | Upstairs Fitness Floor

Flower Power Core & Stability

11:30am–12:15pm | Studio 1

Doughnuts & Deadlifts

1:00pm–3:00pm | Downstairs Fitness Floor

Clean Juice Table

4:00pm–7:00pm | Front Lobby

Member's Choice Metafit

4:30pm–5:00pm | Studio 2

MTV 80's Cycle

5:45pm–6:15pm | Cycle Studio

WEDNESDAY, DECEMBER 8TH

12 Days of GRITmas™

5:30am–6:00am | Studio 2

Holiday Cycle

9:30am–10:15am | Cycle Studio

Member's Choice Kettlebell

5:30pm–6:15pm | Studio 2

THURSDAY, DECEMBER 9TH

Refreshment Table

All Day | Front Lobby

Trigger Point Assessment with Dr. Jill Pagliei

9:00am–11:00am | Front Lobby

Throwback Thursday BODYPUMP™

9:15am–10:00am | Studio 2

Step to the Oldies

4:30pm–5:15pm | Studio 2

Appreciation Cycle

6:15pm–6:45pm | Cycle Studio

FRIDAY, DECEMBER 10TH

Chair Massages

10:00am–1:00pm | Upstairs Fitness Floor

75-Minute BODYCOMBAT™ – Instructors' Favorites

9:35am–10:50am | Studio 2

Holiday Aqua Zumba®

6:30pm–7:30pm | Aquatics Center

SATURDAY, DECEMBER 11TH

Holiday Cycle

8:00am–8:45am | Cycle Studio

Extended Childcare Hours!

9:00am–3:00pm | Childcare

Four Square Pickle Ball Tournament!

9:00am–11:00am | Studio 3

Register ahead of time at the front desk.

Appreciation Cycle

9:00am–9:30am | Cycle Studio

Broadway Barre

10:15am–11:00am | Studio 1

90-Minute Shake Your Tinsel Zumba®

10:45am–12:15pm | Studio 2