

Member Appreciation Week

Monday, December 5
- through -
Sunday, December 11

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.*



MONDAY, DECEMBER 5

Totally 80's Total Body[†]
8:15am–9:00am | Studio 2
Action Potential Raffle
8:30am–10:30am | Main Lobby
Totally 80's BODYPUMP^{™†}
9:15am–10:15am | Studio 2
Super 70's Cycle[†]
9:15am–10:00am | Cycle Studio
Beach Boys Aqua Fusion[†]
9:30am–10:30am | Therapy Pool
Motown Strength & Balance[†]
10:30am–11:30am | Studio 1
Totally 80's Mat Pilates[†]
10:30am–11:30am | Studio 1
Rock it Out BODYPUMP^{™†}
4:30pm–5:30pm | Studio 2
Action Potential Raffle
4:30pm–6:30pm | Main Lobby
Race for the Olympic Gold MetaPWR[†]
5:40pm–6:25pm | Studio 2
Holidance Aqua Fusion[†]
6:00pm–7:00pm | Therapy Pool
Philly Artist Cycle[†]
6:00pm–6:45pm | Cycle Studio
Divas & Queens Zumba^{®†}
7:00pm–8:00pm | Studio 2

TUESDAY, DECEMBER 6

Totally 80's Cycle[†]
5:45am–6:30am | Cycle Studio
Gnarly 90's Bootcamp[†]
8:30am–9:15am | Studio 2
Holiday Barre[†]
8:30am–9:15am | Studio 1
Show Tunes Ride & Define[†]
9:25am–10:10am | Cycle Studio
Beach Boys Aqua Fusion[†]
10:30am–11:30am | Therapy Pool
Luck of the Draw MetaFit[†]
4:30pm–5:00pm | Studio 2
Dietitian Nutrition Coaching
5:00pm–7:00pm | Main Lobby
Trigger Point Assessment
5:00pm–7:00pm | Main Lobby
Philly Artist Cycle[†]
5:45pm–6:15pm | Cycle Studio



Fitness & Wellness
Center

WEDNESDAY, DECEMBER 7

GRIT Holiday HIIT[†]
5:30am–6:00am | Studio 2
Luck of the Draw Total Body[†]
6:30am–7:15am | Studio 2
Rock it Out BODYPUMP^{™†}
8:30am–9:30am | Studio 2
Show Tunes Barre[†]
8:30am–9:15am | Studio 1
Clean Juice Samples
9:00am–10:00am | Main Lobby
Heart Opening BODYBALANCE^{™†}
9:40am–10:40am | Studio 1
Movie Soundtrack Cycle[†]
9:30–10:15am | Cycle Studio
Totally 80's Cardio & Strength[†]
10:50am–11:50am | Studio 1
Holiday Barre[†]
4:30pm–5:15pm | Studio 1
Trilogy Acupuncture & Wellness
4:30pm–6:30pm | Table by the Elevator
Reiki Energy Work
4:30pm–6:30pm | Table by the Outcove
Race for the Olympic Gold MetaPWR[†]
5:20pm–5:50pm | Studio 2
Holiday Yoga Flow[†]
6:00pm–7:00pm | Studio 1
Beach Boys Aqua Fusion[†]
6:00pm–7:00pm | Therapy Pool

THURSDAY, DECEMBER 8

Rock it Out BODYPUMP^{™†}
5:45am–6:30am | Studio 2
Step to the Oldies[†]
8:10am–9:10am | Studio 2
Totally 80's BODYPUMP^{™†}
9:20am–10:20am | Studio 2
Mustache Pilates[†]
9:20am–10:20am | Studio 1
Mustache Balletone[†]
10:30am–11:30am | Studio 1
TV Themes Aqua Fusion[†]
10:30am–11:30am | Therapy Pool
Groovy Strength & Balance[†]
10:45am–11:45am | Studio 1
Radio Hits BODYPUMP^{™†}
6:00pm–7:00pm | Studio 2
Spin through the Decades Cycle[†]
6:15pm–6:45pm | Cycle Studio
Aqua Disco Boxing[†]
7:00pm–8:00pm | Therapy Pool

FRIDAY, DECEMBER 9

Happy Hips Vinyasa Yoga[†]
8:25am–9:25am | Studio 1
Members Favorites Cycle[†]
9:30am–10:15am | Cycle Studio
Radio Hits BODYCOMBAT^{™†}
9:35am–10:35am | Studio 2
Totally 80s Cardio & Strength[†]
10:45am–11:45am | Studio 1
Drop N' Shop (Reservation Required)
3:30pm–8:00pm | Childcare
Yoga Relaxation[†]
6:00pm–7:00pm | Studio 1

SATURDAY, DECEMBER 10

Girl Power BODYPUMP^{™†}
7:55am–8:55am | Studio 2
Battle of the Instructors Bootcamp[†]
8:00am–8:45am | Studio 1
Totally 80's Cycle[†]
8:00am–8:45am | Cycle Studio
Happy Hips Hatha Yoga[†]
9:00am–10:00am | Studio 1
Divas & Queens Aqua Zumba^{®†}
9:00am–9:50am | Therapy Pool
Spin through the Decades Cycle[†]
9:00am–9:30am | Cycle Studio
Bring Your "A" Game MetaPWR[†]
9:05am–9:35am | Studio 2
Battle of the Instructors All Core[†]
9:40am–10:10am | Studio 2
The POUND® Rock Show[†]
9:40am–10:40am | Studio 3
Super 70s Barre[†]
10:15am–11:00am | Studio 1

SUNDAY, DECEMBER 11

Member Favorites Cycle[†]
8:00am–8:45am | Cycle Studio
Rock it Out BODYPUMP^{™†}
8:50am–9:50am | Studio 2
Holiday Barre[†]
9:00am–9:45am | Studio 1
Pool Party Aqua[†]
10:00am–10:45am | Therapy Pool
Instructor Favorites BODYSTEP^{™†}
9:55am–10:55am | Studio 2

* Members who wish to bring a guest to classes that require a reservation must contact the Center prior to the class taking place as space and equipment are limited. Guests must be 18 years or older. Must show ID. Must fill out a waiver and have blood pressure taken. Some restrictions apply.

[†] Class requires a reservation through Empower M.E.