

# Member Appreciation Week

Monday, December 4 – Sunday, December 10

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

### 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.

## MONDAY, DECEMBER 4

**Theme of the Day: Holiday Pajamas**

### Gratitude Christmas Tree

All Day | Lobby

### Coffee & Tea

9:00am–12:00pm | Lobby  
Provided by Suburban Catering

### Sweet Dreams Aqua Fusion

9:30am–10:30am | Aquatics Center with Debbie

### MetaPWR Bedtime Story

5:40pm–6:25pm | Studio 2 with Lexie

## TUESDAY, DECEMBER 5

**Theme of the Day: Tie-Dye Day**

### Coffee & Tea

9:00am–12:00pm | Lobby  
Provided by Suburban Catering

### Groovy Boot Camp

8:30am–9:15am | Studio 2 with Melissa I.

### 'Hippie' All Core

5:05pm–5:35pm | Studio 2 with Heather

## WEDNESDAY, DECEMBER 6

**Theme of the Day: Favorite Color Day**

### Spa Water, Coffee & Tea

9:00am–12:00pm | Lobby  
Provided by Suburban Catering

### Flow in Color

9:40am–10:40am | Studio 1 with Sharon

### Better Balance & Easy Walking Fitness Demo

11:00am–12:00pm | Studio 3 with Trainer Suzanne  
Sign up at the Front Desk or email Personal Training Manager Art at [arthurs@fitnessandwellness.org](mailto:arthurs@fitnessandwellness.org).

### Rock & Roll in Black Aqua Fusion

6:00pm–7:00pm | Aquatics Center with Anne Marie

## THURSDAY, DECEMBER 7

**Theme of the Day: Tropical Day**

### Coffee & Tea

9:00am–12:00pm | Lobby  
Provided by Suburban Catering

### Calyпсо Cycle

9:20am–10:20am | Cycle Studio with Karl

### Namaste Chill Yoga

6:00pm–7:00pm | Studio 1 with Lynn

## FRIDAY, DECEMBER 8

**Theme of the Day: Mis-Match Day**

### BODYPUMP™ Mix Up

8:00am–8:45am | Studio 2 with Paige

### Holiday Sweater Get-together

9:30am–11:00am | Lobby  
Join our staff for snacks & holiday cheer!

### Drop 'N Shop

5:30pm–8:30pm | Childcare  
Let your child have fun at the Center while you holiday shop, or just take time for yourself! See Childcare for more info. Reservations are required.

## SATURDAY, DECEMBER 9

**Theme of the Day: Winter Holiday**

### National Holiday Card Day Celebration

9:00am–12:00pm | Childcare  
Visit Childcare to make Holiday Cards for the whole family!

### Holiday DeStress Yoga

9:00am–10:00am | Studio 1 with Noah

### Winter Wonderland Barre

10:15am–11:00am | Studio 1 with Noah

## SUNDAY, DECEMBER 10

**Theme of the Day: Go Eagles!**

### Go Eagles! Cycle

8:00am–8:45am | Cycle Studio with Heather