

# Member Appreciation Week

Monday, December 9 to Sunday, December 15

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.

### Holiday Movie Marathon in Childcare

Classic holiday movies and shows will be playing in childcare all week long.

### Fuel & Refresh Station

Stop by our snack table all week for a selection of delicious pre- and post-workout fuel!

### Holiday Hustle Workout of the Day

Stop by the Trainer's Kiosk daily for a fun, festive workout! Need help? See a Personal Trainer on the Fitness Floor for tips or modifications!

## Monday, December 9

### Golf Performance Workshop

12:00pm–12:30pm | Studio 3 with TJ

### Fun at the North Pole MetaPWR & Core

5:40pm–6:25pm | Studio 2 with Lexie

## Tuesday, December 10

### Rockin' Holiday Cycle

5:45am–6:30am | Cycle Studio with Lauren

### Polar Express Pajama Party

8:00am–1:00pm | Childcare

### Breath & Balance Workshop

9:00am–10:00am | Fitness Floor with Suzanne

### BODYPUMP™ Mix-Up

5:45pm–6:45pm | Studio 2 with Paige

## Wednesday, December 11

### Golf Performance Workshop

9:00am–9:30am | Studio 3 with TJ

### Rock & Roll Holiday Cycle

9:30am–10:15am | Cycle Studio with Walt

## Thursday, December 12

### Letters to Santa

All Day | Childcare

### Holiday HIIT Cycle

8:30am–9:00am | Cycle Studio with Karl

### Namaste Chill Yoga

6:00pm–7:30pm | Studio 1 with Lynn

## Friday, December 13

### BODYPUMP™ Mix-Up

8:00am–8:45am | Studio 2 with Paige

### National Hot Cocoa Day Celebration

9:30am–11:00am | Lobby

### Down & Up from the Floor Workshop

11:00am–12:00pm | Fitness Floor with Suzanne

### Drop 'N Shop

4:30pm–8:00pm | Childcare

See Childcare for more information.

### ZUMBA® Holiday Party

6:30pm–8:00pm | Studio 2 with Margo, Shannon, and Jen

## Saturday, December 14

### Cheers to the Holidays!

9:00am–11:00am | Lobby

Refuel with bagels and holiday treats after your workout, then get ready to toast to the season!

### Holiday Party Cycle Ride

9:00am–9:30am | Cycle Studio with Lexie

### Jingle Bell Barre

10:15am–11:00am | Studio 1 with Noah

## Sunday, December 15

### 12 Days of Christmas Cycle

8:05am–8:50am | Cycle Studio with Heather