



Member Appreciation Week

MONDAY, DECEMBER 8

- through -

SUNDAY, DECEMBER 14



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

Fuel & Refresh Station

Stop by our refresh table each day for pre- and post-workout snacks, treats, and drinks to keep you fueled through the week.

❄️ Gratitude & Shout-Out Wall

Share a note of appreciation or a kind message to a staff member or fellow member and post it on our Gratitude Wall. Let's fill the lobby with positivity!

Monday, December 8

Kind Words Station

All Day | Entrance

Polar Express Pajama Party

8:00am–1:00pm | Childcare

Aqua Christmas Splash

2:30pm–3:30pm | Aquatics Center

Member Requests ZUMBA®

7:00pm–8:00pm | Studio 2

Tuesday, December 9

12 Days of Christmas BootCamp

8:25am–9:10am | Studio 2

❄️ Spin the Wheel of Appreciation

5:00pm–9:00pm | Front Desk

Namaste Chill Yoga

6:00pm–7:00pm | Studio 1

Wednesday, December 10

Jingle Bell Rock n' Roll Cycle

5:30am–6:15am | Cycle Studio

❄️ Member Holiday Bake Share

9:00am–7:00pm | Entrance

Winter Wonderland MetaPWR

5:20pm–5:50pm | Studio 2

Thursday, December 11

❄️ Complimentary Hand Warmer Station

10:00am–3:00pm | Entrance

Yoga for Digestive Reset

10:30am–11:30am | Studio 1

Fire Up Your Core Yoga

6:00pm–7:00pm | Studio 1

Friday, December 12

❄️ Ugly Sweater Day

All Day | Center-wide

Guess the Candy Jar Contest

All Day | Entrance

Margaritaville Cardio and Strength

10:00am–11:00am | Studio 2

📋 Drop 'N Shop

4:30pm–8:00pm | Childcare

See Childcare for more information.

Saturday, December 13

Cocoa & Kindness Table

All Day | Entrance

❄️ Pictures with Santa

9:00am–12:00pm | Lobby

80's Aqua Splash & Groove

9:00am–9:45am | Aquatics Center

Sunday, December 14

❄️ Gratitude Tree Send-Off

All Day | Entrance

Member's Choice Cycle

8:05am–8:50am | Cycle Studio