



Member Appreciation Week

Monday, December 5 - Sunday, December 11



Enjoy some extra attention and exciting experiences created just for you!

Plus, bring a friend for free all week long.*

All Week

Office Window Contest

Cast your vote in our Holiday Box for the best decorated office window through out the facility.

Merry Fitness Contest

Get dressed in your most festive fitness gear and take a picture with a Personal Trainer to be entered to win a prize.

Holiday Movie Marathon in Childcare

Classic holiday films will be playing all week in Childcare.

Purchase a Patient Poinsettia

Poinsettias will be available for purchase all week and donated to Lourdes Hospital patients on Christmas.

Monday, December 5

Happy Holidays Celebration Wall

All Day | Childcare

St. Nick Says "No Excuses"

9-10 a.m. | Studio 1

Santa Babies Parent & Me Swim Demo

11 a.m.-12 p.m. | Therapy Pool

Swim Lesson Demos

5-6 p.m. | Therapy Pool

Ho Ho Ho Hoe-Down

5:30-6:30 p.m. | Studio 1

Tuesday, December 6

Happy Holidays Celebration Wall

All Day | Childcare

Tred Bootcamp

5:30-6:30 p.m. | Fitness Floor

Swim Lesson Demos

3:30-4:30 p.m. | Therapy Pool

Peaceful PIYO

6-7 p.m. | Studio 2

Wednesday, December 7

Happy Holidays Celebration Wall

All Day | Childcare

Santa Babies Parent & Me Swim Demo

3-4 p.m. | Therapy Pool

No Lift, No Gift

5:30-6:30 p.m. | Studio 1

Thursday, December 8

Snowflakes & Snowmen

All Day | Childcare

Swim Lesson Demos

3:30-4:30 p.m. | Therapy Pool

Secret Santa Cycle

5:30-6:30 p.m. | Cycle Studio

Friday, December 9

Letters to Santa

All Day | Childcare

Swim Lesson Demos

4-5 p.m. | Therapy Pool

Drop & Shop

5-9 p.m. | Childcare

Reservation Required

White Christmas Ball

6:30-7:30 p.m. | Studio 1

Saturday, December 10

Swim Lesson Demos

9:30-10 a.m. and 2-3 p.m. | Therapy Pool

Photos with Santa

10 a.m.-1 p.m. | Main Lobby

Holiday Craft Fair

10 a.m.-1 p.m. | Main Lobby

Dashing through the Pool

12:30-1:30 p.m. | Therapy Pool

Sunday, December 11

Holiday Story Time

All Day | Childcare

FitKids Winter Wonderland

1-2 p.m. and 2-3 p.m. | Studio 1