

# 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

### Office Window Contest

Cast your vote in our Holiday Box for the best-decorated office window throughout the facility.

### Merry Fitness Contest

Join our Merry Fitness Contest by dressing up in your most festive fitness gear and take a picture with a Personal Trainer in the club to be entered to win a prize.



### Swim Lesson Demos

To schedule a Swim Lesson Demo, please email Aquatics Manager Patty at [patricias@fitnessandwellness.org](mailto:patricias@fitnessandwellness.org).

## MONDAY, DECEMBER 4

### Jingle Your Socks Off - Seniors in Motion

10 to 11 a.m. | Studio 1 with Grace  
Wear your best Christmas outfits and jingle your socks off to holiday tunes. The most enthusiastic dancer wins a special holiday prize!



### Holly-Date at Beer Tree



5:30 to 7:30 p.m. | Childcare  
Enjoy a special Holly-Date while your child has fun at the center. Additional Fee. Please see the front desk to register.

## TUESDAY, DECEMBER 5

### Merry Masters Swim

6 to 7 a.m. | Lap Pool with Kevin  
This program allows participants to practice competitive swimming techniques and learn drills for all four competitive strokes with Masters Coach Kevin.

### 12 Days of Christmas Aqua Intervals

10:30 to 11:30 a.m. | Therapy Pool with Sue B.  
Workout like the 12 days of Christmas! In the spirit of the song, the class will perform an interval exercise and add on each time until all twelve exercises are done.

## WEDNESDAY, DECEMBER 6

### St. Nick's Knockout

6:30 to 7:30 p.m. | Studio 1 with Tim H.  
Join Tim for a holiday music-inspired class with a stocking full of jabs, uppercuts, hooks, and crosses.

## THURSDAY, DECEMBER 7

### Merry Masters Swim

6 to 7 a.m. | Lap Pool with Kevin  
This program allows participants to practice competitive swimming techniques and learn drills for all four competitive strokes with Masters Coach Kevin.

## FRIDAY, DECEMBER 8

### Ho Ho Grinches!

8 to 9 a.m. | Studio 1 with Gracie  
Join Gracie Lou Who and sweat into the holiday spirit with this Dr. Seuss' The Grinch-inspired workout!



### Holiday Sweater Get-together

9:30 to 11 a.m. | Lobby  
Join our staff for snacks and holiday cheer!



### Drop 'N Shop



5:30 to 8:30 p.m. | Childcare  
Let your child have fun at the center while you holiday shop, or just take time for yourself! See Childcare for more info.

## SATURDAY, DECEMBER 9



### National Holiday Card Day Celebration

9 a.m. to 12 p.m. | Childcare  
Visit Childcare to make Holiday Cards for the whole family!



### Santa & Snacks

12 to 1:30 p.m. | Lobby  
Bring your camera to capture your photo with Santa! Plus, enjoy coffee and light refreshments to celebrate the holiday season.

### Family Santa Swing (Ages 4+)

1:45 to 2:15 p.m. | Studio 1 with Kim and Mary  
Have your kids dance with Santa and his North Pole friends! Jingle away to traditional and holiday Zumba® tunes and have a holly, jolly time!



### Santa's Helper Swim



2:30 to 3 p.m. | Therapy Pool  
Enjoy a private family swim with your kids and our North Pole friends. Then, stay after for an open family swim for all members from 3 to 5 p.m. Visit the Reception Desk to reserve your spot.

## SUNDAY, DECEMBER 10

### Frosty's Zumba® Fiesta

11 a.m. to 12 p.m. | Studio 1 with Mary  
Holiday-inspired Zumba class that is so hot and spicy that it melts Frosty!



Highlighted Event



Registration Required