

Member Appreciation Week

Saturday, December 7 to Friday, December 13

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 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.

Fun at the Front!

Popcorn and candy canes are offered at the front desk all week! We are grateful for all our members!

Help us Decorate!

Please stop at the front desk and write a holiday wish or affirmation on one of our paper ornaments that we will place on our Christmas tree wall!


Saturday, December 7

 **Cookies, Music, and Pictures with Santa**
11 a.m. to 1 p.m. | Lobby

Rock and Coffee Snow Ride
9 to 10 a.m. | Cycling Studio with Pat

The Nutcracker Ballet Barre
10:30 to 11:30 a.m. | Studio 2 with Kelly

Sunday, December 8

 **Les Mills All Day Cookie Crusher**
All Day | Group Fitness

 **Santa Babies Parent & Me Demo**
4 to 4:30 p.m. | Aquatics Center with Marci

Monday, December 9


Breakfast at Amy's
5:15 to 6:15 a.m. | Cycling Studio with Amy

 **Masters Swim**
6 to 7 a.m. | Aquatic Center Pool with Coach Kevin

 **Holiday Card-Making**
10 a.m. to 12 p.m. | 5 to 7 p.m. | Childcare


Tuesday, December 10

 **Holiday Movies and Pajama Party**
10 a.m. to 12 p.m. | 5 to 7 p.m. | Childcare

 **Santa Babies Parent & Me Demo**
4 to 4:30 p.m. | Aquatics Center with Tricia
Mr & Mrs. Clause Les Mills™ Class
5 to 6 p.m. | Studio 1 with Tim and Yamilet

Wednesday, December 11

 **Masters Swim**
6 to 7 a.m. | Aquatic Center Pool with Coach Kevin

 **Holiday Story Hour**
10 a.m. to 12 p.m. | 5 to 7 p.m. | Childcare

ZUMBA® by the Fire
10 to 11 a.m. | Studio 1 with Sandy

Nightmare Before Christmas

4:30 to 5:30 p.m. | Studio 1 with David

Candlelight Elf Yin Yoga Workshop
6:30 to 7:30 p.m. | Studio 2 with Kelly

Thursday, December 12

Naughty or Nice ZUMBA®
9 to 10 a.m. | Studio 1 with Kelly

 **Paper Tree Making**
10 a.m. to 12 p.m. | 5 to 7 p.m. | Childcare

 **Santa Babies Parent & Me Demo**
4 to 4:30 p.m. | Aquatics Center with Tricia


Friday, December 13


Sleigh your Workout
8 to 9 a.m. | Studio 1 with Grace

Don't be Scroogy, Let's Get Groovy Senior Strength
9 to 10 a.m. | Studio 1 with Grace

 **Holiday Sweater Get-together**
9:30 to 11 a.m. | Lobby

 **Paper Snowflake Making**
10 a.m. to 12 p.m. | 5 to 7 p.m. | Childcare

 **American Red Cross Blood Drive**
11 a.m. to 4 p.m. | Studio 1

  **Drop 'N Shop**
4 to 8 p.m. | Childcare
See Childcare for more information.

Yoga & Massage - A Microcosm of Movement
6:30 to 7:30 p.m. | Studio 1 with Matthew