



# Member Appreciation Week

Sunday, December 5<sup>th</sup> – Saturday, December 11<sup>th</sup>



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

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

## SUNDAY, DECEMBER 5<sup>TH</sup>

**Breakfast with Santa**  
10:00am–12:00pm | Lobby

## MONDAY, DECEMBER 6<sup>TH</sup>

**Zumba® GOLD**  
11:00am–11:45am | Studio 1

**The Holiday 10 with Kevin**  
2:00pm–2:30pm | Fitness Floor

## TUESDAY, DECEMBER 7<sup>TH</sup>

**Foam Rolling Class with Jim**  
5:00pm–5:30pm | Fitness Floor

**Zumba®+**  
6:30pm–7:15pm | Studio 2

## WEDNESDAY, DECEMBER 8<sup>TH</sup>

**Salsa**  
11:00am–11:45am | Studio 1

**Cardio Dance**  
5:30pm–6:15pm | Studio 2

## THURSDAY, DECEMBER 9<sup>TH</sup>

**Red Bows & Socks Chair Yoga**  
12:00pm–12:45pm | Studio 2

**Introduction to Strength Training with Kwesi**  
6:00pm–6:30pm | Fitness Floor

## FRIDAY, DECEMBER 10<sup>TH</sup>

**Zumba®**  
10:00am–10:45am | Studio 1

**Core Workout with Sofia**  
12:00pm–12:30pm | Fitness Floor

## SATURDAY, DECEMBER 11<sup>TH</sup>

**Ugly Sweater Day**  
All Day

**SPRINT™ †**  
7:30am–8:15am | Cycle Studio

**Aqua Splash †**  
8:15am–9:00am | Aquatics Center

**BODYPUMP™ †**  
8:30am–9:15am | Studio 1

**Holiday Ride †**  
9:00am–9:45am | Cycle Studio

**BODYCOMBAT**  
9:30am–10:15am | Studio 1

**Afro-Caribbean Smash Dance**  
10:00am–10:45am | Studio 2

**Power Yoga**  
10:00am–10:45am | Studio 3

**Mat Pilates**  
11:00am–11:45am | Studio 3

**Neuro Training with James**  
12:00pm–12:30pm | Fitness Floor