

12 DAYS OF FITMAS

DECEMBER 6TH - 17TH

Monday, 12/6 - "On the first day of Fitmas, my trainer gave to me..."

- 8am-12pm - Hot Chocolate/Coffee served in the Lobby

Tuesday, 12/7 - "On the second day of Fitmas, my trainer gave to me"

- 9am Silver Sneakers Fitmas Yoga and meditation class w/soft holiday music & essential oils Instructor: Kristen

Wednesday, 12/8 - "On the third day of Fitmas, my trainer gave to me"

- 10am Barbell Strength Workout Instructor: Kristen (In place of Silver Circuit)

Thursday, 12/9 - "On the fourth day of Fitmas, my trainer gave to me"

- Christmas Circuits for 8am Power Up Instructor: Kristen

Friday, 12/10 - "On the fifth day of Fitmas, my trainer gave to me"

- Eating tips for the holidays - mindful, intuitive, and enjoyment
- Recipes for different and healthier version of cookies and cocktails

Saturday, 12/11 - "On the sixth day of Fitmas, my trainer gave to me"

- Foam Rolling and Stretching Virtual Class Instructor: Andre

Sunday, 12/12 - "On the seventh day of Fitmas, my trainer gave to me"

- A virtual tabata workout! Instructor: Kasey

Monday, 12/13 - "On the eighth day of Fitmas, my trainer gave to me"

- 2 Santa themed Spin Classes
- Instructor: Kris Alwin 5:30am and Kristen Weglarz 9:00am

Tuesday, 12/14 - "On the ninth day of Fitmas, my trainer gave to me"

- Holiday themed Aqua Sculpt Class at 5pm

Wednesday, 12/15 - "On the tenth day of Fitmas, my trainer gave to me"

- Wear the best Holiday socks you can get you hand on!

Thursday, 12/16 - "On the eleventh day of Fitmas, my trainer gave to me"

- Wear an Ugly Holiday sweater day!

Friday, 12/17 - "On the twelfth day of Fitmas, my trainer gave to me"

- 7am - Healthy Holiday treats in the Lobby