



## November 20 – January 1

Weekly Prize Drawings! Enter at the Thriving through the Holidays table every time you check-in.				
Nov. 20 – Dec. 31	FREE INCENTIVE PROGRAM	O'Fitness Tree	See Fitness Desk for Details	
Nov. 20 – Dec. 31	FREE MYZONE CHALLENGE	Holiday Hustle	Log into MYZONE account to join	
Nov. 27 – Dec. 24	FREE INCENTIVE PROGRAM	Holiday Swim Club	See Aquatics Area for Details	
Thu. Nov. 24	SPECIAL CLASS SCHEDULE	Special class schedule for Thanksgiving	See Group Exercise for class schedule	
Fri. Nov. 25	SPECIAL GROUP EXERCISE CLASS	Turkey Burn! (warm-up, tabata, muscle conditioning, core/abs, cooldown)	9:00 – 10:30 am	Studio A
Mon. Nov. 28	<i>WEEKLY PRIZE DRAWING: PT 30-Day Experience</i>			
Dec. 1 – 24	FREE INCENTIVE PROGRAM	Holiday Class Challenge	See Group Exercise Board for Details	
Sat. Dec. 3	FREE INTRO CLASS	Intro to Spin	10:45 – 11:30 am	Studio B
Mon. Dec. 5	<i>WEEKLY PRIZE DRAWING: 60-Minute Massage</i>			
Mon. Dec. 5	<b>MEMBER APPRECIATION DAY!</b>			
Tue. Dec. 6	FREE INTRO CLASS	Intro to Yoga	4:45 – 5:30 pm	Conf. Room D
Tue. Dec 6	FREE TALK	Surviving the Holidays	11:30am – 12:30pm	Conf. Room D
Wed, Dec. 7	FREE TALK	Surviving the Holidays	7:00-8:00 pm	Conf. Room D
Mon. Dec. 12	<i>WEEKLY PRIZE DRAWING: Pilates Reformer punch card (5 group classes)</i>			
Tue. Dec. 13	FREE TALK	On-the-Go Holiday Fitness	11:30am – 12:30pm	Conf. Room D
Thu. Dec. 15	FREE TALK	On-the-Go Holiday Fitness	7:00-8:00 pm	Conf. Room D
Mon. Dec. 19	<i>WEEKLY PRIZE DRAWING: PT 30-Day Experience</i>			
Tue. Dec. 27	<i>WEEKLY PRIZE DRAWING: Any LifeWorks Logo item from the Pro-Shop</i>			
Tue. Jan. 3	<i>WEEKLY PRIZE DRAWING: One Month Free Membership Dues</i>			

