

12 DAYS of FITREC

Mon., Dec. 11

PERSONAL TRAINING DAY - Enjoy FREE Fitness Assessment demos from our Personal Trainers in the lobby from 9 am to 5 pm. Get in a raffle for a FREE session.

Tues., Dec. 12

TRI-TUESDAY START
Complete our fitness challenge from Dec. 12-19 to win a chance for a FREE entry to our Indoor Triathlon in Feb. Visit Fitness Floor desk for more details.

Wed., Dec. 13

GROUP FITNESS DAY
Attend a Group Fitness class on Wed., Dec. 13 and earn a raffle ticket for a chance to win a \$25 FitRec gift card.

Thurs., Dec. 14

NOTHIN' BUT NETS DAY - Play ping pong/pickleball/badminton on Court 1 from 7 am to 3 pm and earn a raffle ticket for a chance at a FREE FitRec guest pass.

Fri., Dec. 15

NUTRITION DAY
Ask our new Nutrition Coach a question or learn about coaching services we offer from 9 am to noon and 4-7 pm & be sure to pick up a nutritious treat.

Sat., Dec. 16

PRO SHOP DAY
Enjoy a 20% discount on any single item purchased from our FitRec Pro Shop on Sat., Dec. 16.

Sun., Dec. 17

PERKVILLE BONUS POINTS DAY
Receive 5 times the points for check-ins through Perkville on Sunday, Dec. 17. Only one check-in allowed per day.

Mon., Dec. 18

YOUTH PROGRAMS DAY - Register for any Spring Youth Program and receive a 10% discount off your registration. Discount only applies to one program.

Tues., Dec. 19

TRI-TUESDAY FINISH
Complete our fitness challenge from Dec. 12-19 to win a chance for a FREE entry to our Indoor Triathlon in Feb. Visit Fitness Floor desk for more details.

Wed., Dec. 20

STRETCH DEMOS DAY - Enjoy a FREE stretching demo from our new Stretch coach on the Fitness Floor from 1-7 pm. Sign up at the Fitness Floor desk.

Thurs., Dec. 21

SPIN CLASS DAY
Attend one of our spin classes to win a chance at a FREE entry into our 2024 Cycle For A Cause event next spring.

Fri., Dec. 22

BRING A GUEST FOR \$5 DAY - Guest passes are \$5 all day on Friday, Dec. 22. Guests must still be sponsored by an active member and limit of 3 guests per member.

Health & Fitness Services Sale: Purchase a Health & Fitness service (Personal Training, Stretch Coaching, Nutrition Coaching, Fitness Assessments) between Dec. 11-Dec. 22 and receive a 10% discount.



morainevalley.edu/fitrec