



# DECEMBER

## FITNESS ADVENT CALENDAR

1 Try a New Class	2 Reach 10,000 Steps	3 Protein Shake After Your Workout	4 Try a New Machine	5 Make a Healthy Dinner
6 Say Hi to Someone New at the Gym	7 Try a Meal from Reception	8 Bring a Friend for Free	9 Do a Mobility Routine	10 Try a Reformer Pilates Class
11 Hit a Full-Body Workout	12 Drink 2 Litres of Water	13 Practice a New Lift or Skill	14 Enjoy a Guilt-Free Treat	15 Complete a 20-Minute AMT Session
16 Grab a Free 7-Day Pass at Reception	17 Meditate or De-Stress for 10 Minutes	18 Hit a Heavy Lift (Safely)	19 Swap One Daily Habit for a Healthy One	20 Do a Core-Focused Session
21 Get 7-8 Hours of Sleep	22 Try a Cardio Machine You Rarely Use	23 Celebrate Progress This Month	24 Festive Workout & Stretch	21 Festive Workout & Stretch

