



DECEMBER

FITNESS ADVENT CALENDAR

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|----------------------------------------------------|-----------------------------------------------------|---------------------------------------------|-------------------------------------------------------|----------------------------------------------|
| 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 |