



# 21 IN 2021 CHALLENGE

## July 1st - July 31st

### Take 21 classes total:

- 10 Cardio Classes
- 7 Strength Classes
- 4 Stretch Classes

### CARDIO

- Dance Club Cardio
- GRIT Step
- KO Boxing
- REVOLUTION Cycle
- Spin & Sculpt
- Turbo Kick

### STRENGTH

- Body Sculpt
- CAMP GRIT
- Complete Core
- GRIT HIIT
- HUMPDAY
- LEVEL UP
- powerbelle
- Power Tower
- Pure Strength

### STRETCH

- Flexin' Flow
- Slow Stretch
- Sculpt & Stretch  
(counts for 1 stretch or strength - pick one)

## SUMMER SHAPE UP CHALLENGE

- Cardio 1: \_\_\_\_\_
- Cardio 2: \_\_\_\_\_
- Cardio 3: \_\_\_\_\_
- Cardio 4: \_\_\_\_\_
- Cardio 5: \_\_\_\_\_
- Cardio 6: \_\_\_\_\_
- Cardio 7: \_\_\_\_\_
- Cardio 8: \_\_\_\_\_
- Cardio 9: \_\_\_\_\_
- Cardio 10: \_\_\_\_\_

- Strength 1: \_\_\_\_\_
- Strength 2: \_\_\_\_\_
- Strength 3: \_\_\_\_\_
- Strength 4: \_\_\_\_\_
- Strength 5: \_\_\_\_\_
- Strength 6: \_\_\_\_\_
- Strength 7: \_\_\_\_\_

- Stretch 1: \_\_\_\_\_
- Stretch 2: \_\_\_\_\_
- Stretch 3: \_\_\_\_\_
- Stretch 4: \_\_\_\_\_



10 CARDIO

7 STRENGTH

4 STRETCH