



21 IN '21 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



SUMMER SHAPE UP CHALLENGE

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)

10 CARDIO

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

7 STRENGTH

- Strength 1: _____
- Strength 2: _____
- Strength 3: _____
- Strength 4: _____
- Strength 5: _____
- Strength 6: _____
- Strength 7: _____

SUMMER SHAPE UP CHALLENGE

- Stretch 1: _____
- Stretch 2: _____
- Stretch 3: _____
- Stretch 4: _____

4 STRETCH