



NEW YEAR BEST YOU CHALLENGE

- JAN 1ST - JAN 31ST
- TAKE 6 CARDIO CLASSES (DANCE CLUB CARDIO, STEP, REVOLUTION CYCLE, CARDIO COMBAT)
- TAKE 6 STRENGTH CLASSES (ARMS TOWER, BODY SCULPT, CORE TOWER, FULL BODY CIRCUIT BURN, GRIT-LATES, KO BOXING, LEGS TOWER, POWERBELLE, POWER TOWER, PURE STRENGTH)
- PLUS 4 RESTORATIVE CLASSES (FLOW, SLOW STRETCH)
- PLUS INTRODUCE YOURSELF IN THE GRITFAM FACEBOOK GROUP

CHALLENGE TRACKER:

CLASS 1 | CARDIO CLASS



CLASS 2 | CARDIO CLASS



CLASS 3 | CARDIO CLASS



CLASS 4 | CARDIO CLASS



CLASS 5 | CARDIO CLASS



CLASS 6 | CARDIO CLASS



CLASS 1 | STRENGTH CLASS



CLASS 2 | STRENGTH CLASS



CLASS 3 | STRENGTH CLASS



CLASS 4 | STRENGTH CLASS



CLASS 5 | STRENGTH CLASS



CLASS 6 | STRENGTH CLASS



CLASS 1 | RESTORATIVE CLASS



CLASS 2 | RESTORATIVE CLASS



CLASS 3 | RESTORATIVE CLASS



CLASS 4 | RESTORATIVE CLASS

