

# grit

## SPRING SHAKE UP CHALLENGE

- MARCH 1ST - MARCH 30TH
- TAKE 2 CLASSES OF EACH FORMAT FOR 16 CLASSES TOTAL
- CLASSES MUST BE 30 MIN IN LENGTH OR LONGER

\*VIRTUAL-ONLY MEMBERS CAN SUB 30-MIN OUTDOOR WALK OR CARDIO CLASS, IF YOU DO NOT HAVE ACCESS TO A BIKE (IN LIEU OF REVOLUTION CYCLE))



### CHALLENGE TRACKER:

CLASS 1 | BODY SCULPT

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CLASS 2 | BODY SCULPT

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CLASS 1 | POWER TOWER, ARMS  
TOWER, CORE TOWER, LEGS TOWER

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CLASS 2 | POWER TOWER, ARMS  
TOWER, CORE TOWER, LEGS TOWER

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CLASS 1 | FULL BODY CIRCUIT  
BURN, KO BOXING

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CLASS 2 | FULL BODY CIRCUIT BURN,  
KO BOXING

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CLASS 1 | FLOW 45,  
SLOW STRETCH

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CLASS 2 | FLOW 45,  
SLOW STRETCH

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CLASS 1 | POWERBELLE,  
GRIT-LATES

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CLASS 2 | POWERBELLE,  
GRIT-LATES

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CLASS 1 | REVOLUTION CYCLE\*

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CLASS 2 | REVOLUTION CYCLE\*

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CLASS 1 | GRIT STEP, DANCE CLUB  
CARDIO, CARDIO COMBAT

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CLASS 2 | GRIT STEP, DANCE CLUB  
CARDIO, CARDIO COMBAT

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CLASS 1 | PURE STRENGTH

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CLASS 2 | PURE STRENGTH

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