



SEPTEMBER SWEAT CHALLENGE

- SEPT 5TH - OCT 7TH
- TAKE 10 CARDIO CLASSES (DANCE CLUB CARDIO, STEP, REVOLUTION CYCLE, CARDIO COMBAT)
- PLUS 6 CLASSES OF YOUR CHOICE
- CLASSES MUST BE 30 MIN IN LENGTH OR LONGER

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 7 | CARDIO CLASS

CLASS 8 | CARDIO CLASS

CLASS 9 | CARDIO CLASS

CLASS 10 | CARDIO CLASS

CLASS 1 | YOUR CHOICE

CLASS 2 | YOUR CHOICE

CLASS 3 | YOUR CHOICE

CLASS 4 | YOUR CHOICE

CLASS 5 | YOUR CHOICE

CLASS 6 | YOUR CHOICE

