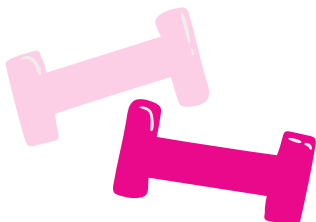


**grit**

# SPRING SHAKEUP *Challenge*

- MAY 1ST - MAY 31ST
- TAKE 2 CLASSES OF EACH FORMAT FOR 18 CLASSES TOTAL
- CLASSES MUST BE 30 MIN IN LENGTH OR LONGER

\*VIRTUAL-ONLY MEMBERS CAN SUB 30-MIN OUTDOOR WALK OR 45-MIN / 30-MIN CARDIO CLASS, IF YOU DO NOT HAVE ACCESS TO A BIKE (IN LIEU OF REVOLUTION CYCLE 45 OR REVOLUTION CYCLE 30)



## 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, GRIT KO BOXING

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CLASS 2 | FULL BODY CIRCUIT BURN, GRIT 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, GRITLATES

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CLASS 2 | POWERBELLE, GRITLATES

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CLASS 1 | REVOLUTION CYCLE 45\*

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CLASS 2 | REVOLUTION CYCLE 45\*

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CLASS 1 | REVOLUTION CYCLE 30\*

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CLASS 2 | REVOLUTION CYCLE 30\*

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

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CLASS 2 | GRIT STEP, TURBO KICK, 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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