



STRONG TO THE FINISH CHALLENGE TRACKER
OCTOBER 12 - NOVEMBER 8

Take 10 strength training classes plus 10 classes of your choice during the challenge time period to earn the challenge prize - new maroon GRIT sweatshirt!

**Prizes will be available for pick up starting November 1st*

NAME _____

| CHALLENGE REQUIREMENTS | DATE | CLASS FORMAT | DURATION (must be at least 30 min) | INSTRUCTOR |
|------------------------|------|--------------|------------------------------------|------------|
| STRENGTH CLASS #1 | | | | |
| STRENGTH CLASS #2 | | | | |
| STRENGTH CLASS #3 | | | | |
| STRENGTH CLASS #4 | | | | |
| STRENGTH CLASS #5 | | | | |
| STRENGTH CLASS #6 | | | | |
| STRENGTH CLASS #7 | | | | |
| STRENGTH CLASS #8 | | | | |
| STRENGTH CLASS #9 | | | | |
| STRENGTH CLASS #10 | | | | |
| MY CHOICE CLASS #1 | | | | |
| MY CHOICE CLASS #2 | | | | |
| MY CHOICE CLASS #3 | | | | |
| MY CHOICE CLASS #4 | | | | |
| MY CHOICE CLASS #5 | | | | |
| MY CHOICE CLASS #6 | | | | |
| MY CHOICE CLASS #7 | | | | |
| MY CHOICE CLASS #8 | | | | |
| MY CHOICE CLASS #9 | | | | |
| MY CHOICE CLASS #10 | | | | |

Strength Training Classes Include: Humpday, Level Up, Pure Strength, Body Sculpt, powerbelle, Complete Core, CAMP GRIT, Power Tower, GRIT LIT