CYMCLASS CHALLENGE

Farn your letters

Feel your strength build 2 weeks at a time.

Each letter represents a milestone you achieve on your journey to becoming your strongest self.

It's not just about physical fitnessit's about embracing the process, challenging yourself, and discovering the strength you never knew you had.



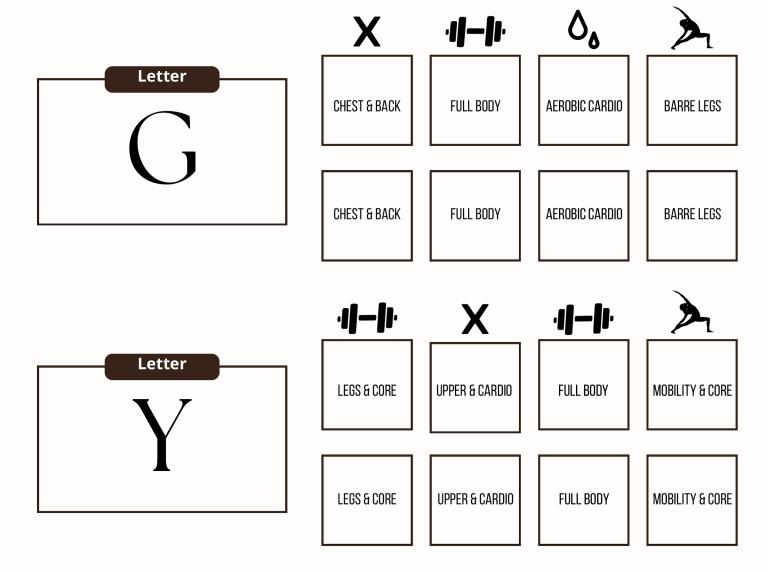








Earn your letters



Letter

ТАВАТА

AEROBIC CARDIO

LOWER & CORE

X

HIIT

0

TABATA

AEROBIC CARDIO

LOWER & CORE

HIIT

the SYMCLASS

Earn your letters

Letter

X

X

FULL BODY LOOP

STEP & **BODYWEIGHT**

UPPER BODY

LONG BAND FLOW

FULL BODY LOOP

STEP & **BODYWEIGHT**

UPPER BODY

LONG BAND FLOW

Letter

X

·1]—[]·

0

PYRAMID HIIT

UPPER BODY

KICKBOX

CORE

PYRAMID HIIT

UPPER BODY

KICKBOX

CORE

Letter

4**|-|**|

X

4**|-|**|+

ANTERIOR

2 MIN WORKOUT

POSTERIOR

BODYFLOW

ANTERIOR

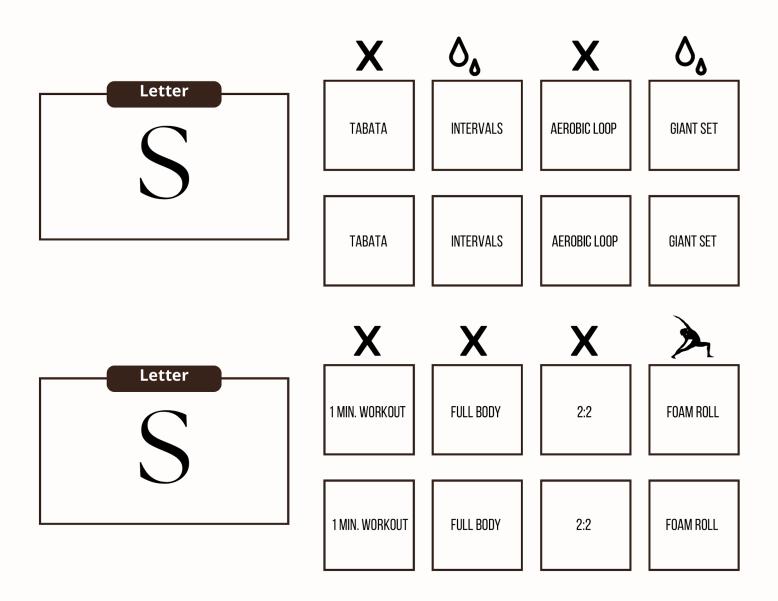
2 MIN WORKOUT

POSTERIOR

BODYFLOW



Earn your letters



You're Amazing, what a commitment!