

the GYMCLASS C H A L L E N G E

Earn your letters

Feel your strength build a week at a time.

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

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



STRENGTHCLASS



SWEATCLASS



LOCKERROOM



HOMEROOM

the
GYMCLASS
 CHALLENGE


Earn your letters

Letter

G

X


CHEST & BACK



FULL BODY




AEROBIC CARDIO



BARRE LEGS

Letter


Y



LEGS & CORE

X

UPPER & CARDIO



FULL BODY




MOBILITY & CORE

Letter

M

X


TABATA



AEROBIC CARDIO

X

LOWER & CORE




HIIT

the GYMCLASS CHALLENGE

Earn your letters




Letter

C

X	X	X	
FULL BODY LOOP	STEP & BODYWEIGHT	UPPER BODY	LONG BAND FLOW




Letter

L

X			
PYRAMID HIIT	UPPER BODY	KICKBOX	CORE

Letter

A

	X		
ANTERIOR	2 MIN WORKOUT	POSTERIOR	BODYFLOW

Earn your letters

Letter

S

X

TABATA

🔹

INTERVALS

X

AEROBIC LOOP

🔹

GIANT SET

Letter

S

X

1 MIN. WORKOUT

X

FULL BODY

X

2:2

🧘

FOAM ROLL

You're Amazing, what a commitment!