

# Summer Challenge 2018 Extra Points Activity

for the week of July 2<sup>nd</sup>

**July 4<sup>th</sup> TRIFECTA!!**

**8am** Core/Buns/Abs\*\*\* - Studio A - Cathy

**9am** Step N Strength\*\*\* - Studio A - Cathy

**10:15am** Strength Circuit\*\*\* - Studio A – Cathy

Attend all 3 classes and receive an additional  
25 points!!!!

**Good Luck!!!**

