

J

GROUP FITNESS



February 29-
March 31,
2024

OF SELF-CARE:

A Safe & Sustainable FITNESS CHALLENGE

This challenge will help you build confidence, consistency, endurance and strength! Don't forget to add a REST DAY to give your body time to rebuild, repair, and recover.

The Challenge

Complete at least one of these three class categories each week. Earn a point for each class.

NOTE: class must be in person, not virtual.

Cardio • Strength • Mind Body

Follow These Steps

1. Pick up a record card at the Welcome Desk
2. Bring your card with you every time you take a class
3. Get your card stamped with a C, S or F once a day after your class.
4. Hand your completed card to the Welcome Desk by April 5, 2024

Earn Prizes

To be eligible you must earn an average of three points per week, with a max average of five points per week. Prizes include.

- Guest Passes
- J Swag
- Be entered to win one of 20 J vintage jersey hooded pullovers. 10 winners per building.