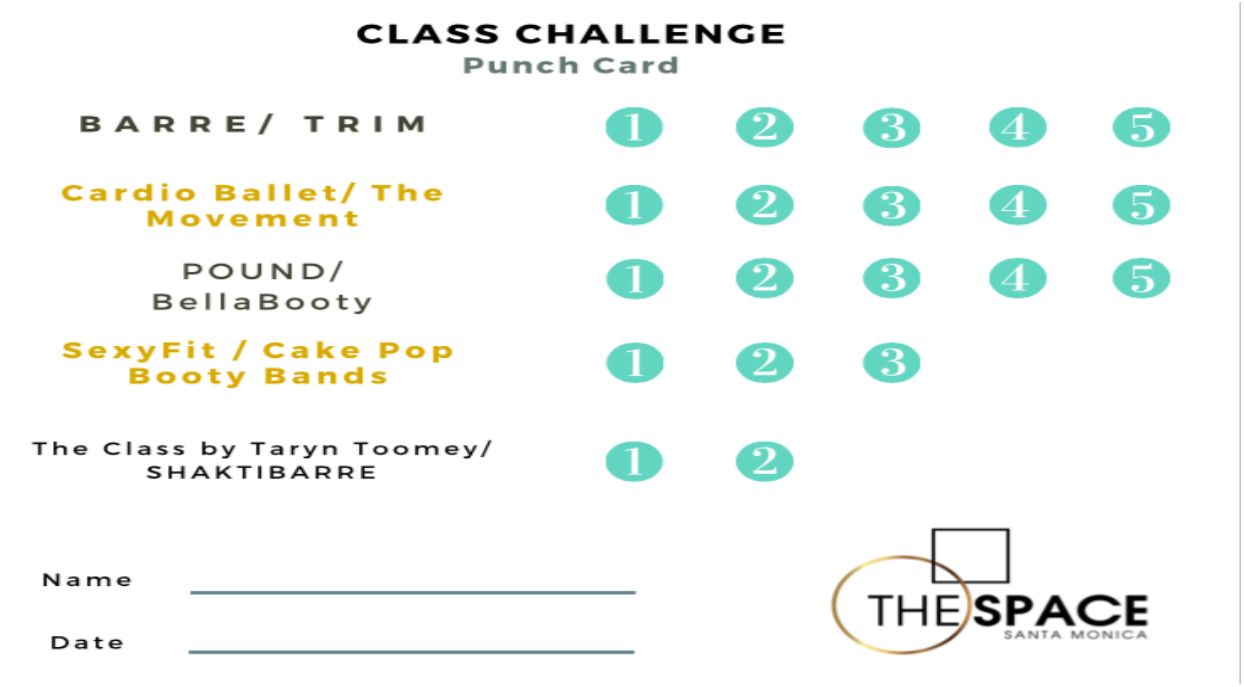
July *Summer Body Challenge*

July 1st - July 31st

The sun is out and that means it's time to shed our extra layers and reveal a stronger, healthier version of ourselves. July's *Summer Body Challenge* is a great way to keep yourself on track and your body challenged for faster results.

The Challenge:
Try a variety of classes in the month of July and get your *Summer Body Challenge* card stamped with each visit. If you complete all categories, you will win a prize worth up to $500! Take a total of 20 classes in July by sampling classes from each category so you'll never get bored, keep your body guessing, and discover classes you may not have tried yet!

The Classes:
Barre/TRIM (5 total) *68 to choose
Cardio Ballet/The Movement (5 total) *20 to choose
POUND/BellaBooty (5 total) *24 to choose
SEXYFIT/Cake Pop Booty Bands (3 total) *20 to choose
Partners: The Class By TT/SHAKTIBARRE(2 total) *30 to choose



Includes:

- *Summer Body Challenge* punch card (bring this with you when you come to class so we can stamp)
- A nutritional packet with tips and recipes for the month
- Tips from each instructor on their favorite healthy habit
- Plus a chance to win prizes for completing the challenge
    - Awaken: Complimentary Mini Facial treatment and 10% off of membership to my upcoming Skin Gym Monthly Facial subscription series
    - Pulse: 1 PEMF session a biohacking machine that heals your body

Sign-up: FREE to join challenge