

# #STRIVEFORFIVE

Show up for each session and give us 100% going ALL IN FULL OUT. Strive for 5 classes each week alternating between 3 Define and 2 Sweat. Follow our recommendations based on your current fitness level and use this weekly class tracker to make sure you're getting all of your workouts in.

WEEK OF:    /    /

MONDAY	NOTES:
TUESDAY	NOTES:
WEDNESDAY	NOTES:
THURSDAY	NOTES:
FRIDAY	NOTES:
SATURDAY	NOTES:
SUNDAY	NOTES: