



# FLX FITCLUB 5 YEAR ANNIVERSARY CHALLENGE TRACKER



## SHARE THE LOVE

- Post a review of FLX on Google, Facebook or Yelp
- Bring a friend to class with you (or refer a friend to FLX)
- Post a selfie to social media with a FLX instructor
- Post a selfie of you in FLX gear on travels outside Ithaca
- Share the FLX weekly schedule on social media
- Wish FLX a happy anniversary on social media
- Do a workout with your family (pets count!)
- Post a pic of you at FLX or in your home gym
- Walk, run, hike or bike in your FLX gear and post a pic

★ Be sure to tag @flxfitclub when you post on social media (Facebook or Instagram)

★ Not on social media? No problem! Send us your pics and we'll post 'em!

YOUR NAME \_\_\_\_\_

## WORK IT OUT

- Take a BARRE class
- Take a BODYATTACK class
- Take a BODYCOMBAT class
- Take a BODYFLOW class
- Take a BODYPUMP class
- Take a BODYSTEP class
- Take a CORE class
- Take a FLX Cycle class
- Take a GRIT class
- Take an RPM class
- Take a SH'BAM class
- Take a SPRINT class
- Take a TRIP class
- Take a class before 8am
- Take a new-to-you class format
- Do a FLX @ Home virtual workout

**Get a prize AND an entry into the grand prize drawing for every 5 achievements!**