



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US ON A SCAVENGER HUNT TO EXPLORE YOUR FAVORITE CLASSES

1

BodyPump is a barbell-based workout that targets all major muscle groups. It's great for those looking to improve their overall fitness through a challenging, structured, and music-driven workout session.

BODYPUMP

BodyPump is suitable for various fitness levels, as participants can adjust the weights and intensity to suit their individual capabilities.

2
DEFEND
TOGETHER

Defend Together offers a dynamic and enjoyable workout experience that combines the physical benefits of martial arts movements with the motivational aspects of group fitness. It's suitable for individuals looking to improve cardiovascular fitness, strength, and overall health in a fun and supportive environment.

3
CORE
FOCUS
TOGETHER

Core Focus classes provide a focused and effective way to strengthen the core muscles, improve overall stability and functional strength, and enhance body awareness. It's a popular choice for individuals looking to specifically target their core area for fitness and health benefits.

4

Group Blast offers an effective and dynamic workout that combines cardio conditioning with strength and coordination exercises. It's perfect for people looking to improve cardio fitness, burn calories, and enjoy a fun and engaging group fitness session.

GROUP BLAST

EXPLORE.
MOVE.
PLAY.
WIN!

LAUNCH
PARTY
SCAVENGER
HUNT

JULY
15-28

IT'S EASY!

Engage in four exciting fitness classes, piece together clues, then fill out and turn in your form to win!

In place of our quarterly Launch Party, we'll be releasing new music and choreography for BODYPUMP, DEFEND TOGETHER, CORE FOCUS TOGETHER, and GROUP BLAST with a fun, new challenge. Attend any of these four classes between July 15-28 and see if you can figure out the answers to the questions on our Scavenger Hunt form, and WIN! Each correct answer will be one entry into a prize drawing that will take place the first week of August. Scavenger Hunt forms can be turned in at the front desk at either location.



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NAME _____

JULY 15-28 | GROUP EXERCISE SCAVENGER HUNT

IT'S EASY!

Engage in four exciting fitness classes, piece together clues, then fill out and turn in your form to win!

Featuring classes with new choreography and music each quarter:
DEFEND TOGETHER, CORE FOCUS TOGETHER, GROUP BLAST, and BODYPUMP

DEFEND TOGETHER



1. What is a special feature of ALL five rounds in the Box track (Track 2) _____
2. What specialty kick is featured in the Kick and MMA1 tracks? _____

CORE FOCUS TOGETHER



1. For our Core launch, you have to keep a positive mindset and not get too upset. To improve your greatest asset, we will be focusing on _____ training.
2. In the Core Stability track, added focus is placed on these two joint areas: _____

GROUP BLAST



1. Give one example of a "shape" (like letters of the alphabet), that we create with our foot patterns in this release. _____
2. What famous song from the 1980s do we see covered by Adam Lambert in the Agility Track? _____

BODYPUMP



1. How many blocks of work do we see in this tough Squat track? _____
2. What new exercise is featured in the Core track? _____

WHY TRY NEW CLASSES?

1 TRYING NEW CLASSES KEEPS WORKOUTS INTERESTING AND FUN

2 REDUCE THE RISK OF OVERUSE INJURIES: VARY CLASSES & WORK DIFFERENT MUSCLES

3 GROUP WORKOUTS FOSTER CAMARADERIE & ACCOUNTABILITY

4 CLASSES IN DIFFERENT TIME SLOTS ALLOW FOR A SCHEDULE THAT FITS YOUR LIFESTYLE

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