



March 2024 CHALLENGE

Forearm Plank and Toe Taps!



ALL LEVELS ARE WELCOMED!

NEWBIES ARE ENCOURAGED TO JOIN!

RULES:

- Sign up for the challenge at the Front Desk anytime in March 2024
- Hold a Forearm Plank, keeping good form, and tap toes from side to side

PRIZES:

Tier 1 100 toe taps for 10% off
Tier 2 300 toe taps for 15% off
Tier 3 500 toe taps for 20% off

Last Day: March 31st, 2024

GOOD LUCK!