



APRIL CHALLENGE

5-Minute Boat Pose

Hold the Boat Pose, as illustrated below, for 2-5+ minutes any time in April. You may practice in any class with a 5-minute challenge to build your core strength by doing a modified boat pose. Instructors for all classes will give the opportunity to practice the pose.



THE REWARD

Meet the 5-Minute Boat Pose Challenge and get 15% off next month's membership or package.

Tier #1 : 2 min = 5% off

Tier #2: 3 min = 10% off

Tier #3: 5+ min = 15% OR see top 3

REWARD FOR TOP 3 LONGEST HELD BOAT POSES

1st Place: 25% discount | 2nd Place: 20% discount | 3rd Place: 15% discount