

# 12 DAYS OF FITNESS CHALLENGE

Dec. 11-22, 2023

December 11 MONDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 12 TUESDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 13 WEDNESDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 14 THURSDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 15 FRIDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 16 SATURDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 17 SUNDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 18 MONDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 19 TUESDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 20 WEDNESDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 21 THURSDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

December 22 FRIDAY

INSTRUCTOR INITIALS \_\_\_\_\_

CLASS FORMAT \_\_\_\_\_

## 12 days. 12 classes.

Each day pick a different class format. Use all the formats and then turn your card in to be entered to win a prize. Contact [Lwitty@louisvilleco.gov](mailto:Lwitty@louisvilleco.gov) with questions.

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

EMAIL: \_\_\_\_\_

## 12 CLASS FORMATS

- 1. WATER
- 2. CYCLE
- 3. YOGA
- 4. LES MILLS
- 5. ZUMBA OR NIA
- 6. TRX
- 7. FREE CHOICE
- 8. STRENGTH
- 9. FREE CHOICE
- 10. REST
- 11. STRENGTH
- 12. CARDIO