



# SPRING INTO FITNESS

## Class Points

- Each scheduled class is worth one (1) point
- Double points (2) can be earned on **\*\*bold\*\*** classes

## FB bFF Challenges

- Complete an ENTIRE week's challenge and earn 3 points
  - 1st Challenge - Planks (4/11-5/1)
  - 2nd Challenge - Wall Sits (5/2 - 5/22)

## BONUS Points

- Perform the specified task for the day and earn 1 BONUS point

# P R I Z E S

At the end of the challenge, you'll earn these prizes based on the total number of stickers earned! (*Prize levels are not cumulative*)

## 15 Points

- 4 free class passes

## 25 Points

- 6 free class passes
- Studio b car decal

## 40 Points

- 8 free class passes
- Studio b car decal
- Studio b water bottle

## 60 Points

- 8 free class passes
- Studio b car decal
- Studio b water bottle
- Studio b drawstring bFit bag

## 85 Points

- 8 free class passes
- Studio b car decal
- Studio b water bottle
- Studio b drawstring bFit bag
- Fitness Fanatic All-Access Monthly Pass

SUN

MON

TUES

WED

THUR

FRI

SAT

WEEK  
ONE

4/11 - 4/17

**\*\*POUND @ 5:00 PM\*\***  
(West Lafayette)

Zumba @ 6:00 PM  
**\*\*POUND @ 7:15 PM\*\***

Facebook bFF  
Plank Challenge w/ Jess

**BONUS**  
Extra Workout Challenge  
3 Sets of  
10 Crunches  
  
MUST post video to FB bFF  
private group to earn point.

Facebook bFF  
Plank Challenge w/ Jess

Zumba @ 12:00 PM  
Z Toning @ 6:00 PM

Facebook bFF  
Plank Challenge w/ Jess

Zumba @ 6:00 PM

Facebook bFF  
Plank Challenge w/ Jess

**\*\*POUND @ 6:00 PM\*\***

Facebook bFF  
Plank Challenge w/ Jess

Zumba @ 9:00 AM

Facebook bFF  
Plank Challenge w/ Jess

WEEK  
TWO

4/18 - 4/24

**\*\*POUND @ 5:00 PM\*\***  
(West Lafayette)

Zumba @ 6:00 PM

**BONUS**  
Wear Your Wacky  
Workout Attire

Facebook bFF  
Plank Challenge w/ Jess

**BONUS**  
Extra Workout Challenge  
3 Sets of  
10 Squats  
  
MUST post video to FB bFF  
private group to earn point.

Facebook bFF  
Plank Challenge w/ Jess

**\*\*Zumba @ 12:00 PM\*\***  
Z Toning @ 6:00 PM

Facebook bFF  
Plank Challenge w/ Jess

Zumba @ 6:00 PM

Facebook bFF  
Plank Challenge w/ Jess

POUND @ 6:00 PM

Facebook bFF  
Plank Challenge w/ Jess

**\*\*Zumba @ 9:00 AM\*\***

Facebook bFF  
Plank Challenge w/ Jess

WEEK  
THREE

4/25 - 5/1

**\*\*POUND @ 5:00 PM\*\***  
(West Lafayette)

Zumba @ 6:00 PM  
POUND @ 7:15 PM

Facebook bFF  
Plank Challenge w/ Jess

**BONUS**  
Extra Workout Challenge  
3 Sets of  
10 Forward Lunges  
  
MUST post video to FB bFF  
private group to earn point.

Facebook bFF  
Plank Challenge w/ Jess

Zumba @ 12:00 PM  
Z Toning @ 6:00 PM

Facebook bFF  
Plank Challenge w/ Jess

**BONUS**  
Sport Your  
Silly Socks

Facebook bFF  
Plank Challenge w/ Jess

**\*\*Zumba @ 6:00 PM\*\***

POUND @ 6:00 PM

Facebook bFF  
Plank Challenge w/ Jess

Zumba @ 9:00 AM

Facebook bFF  
Plank Challenge w/ Jess

WEEK  
FOUR

5/2 - 5/8

**\*\*POUND @ 5:00 PM\*\***  
(West Lafayette)

Zumba @ 6:00 PM  
POUND @ 7:15 PM

Facebook bFF Wall Sit  
Challenge w/ Jess

**BONUS**  
Extra Workout Challenge  
3 Sets of  
10 Jumping Jacks  
  
MUST post video to FB bFF  
private group to earn point.

Facebook bFF Wall Sit  
Challenge w/ Jess

**\*\*Zumba @ 12:00 PM\*\***  
Z Toning @ 6:00 PM

Facebook bFF Wall Sit  
Challenge w/ Jess

Zumba @ 6:00 PM

Facebook bFF Wall Sit  
Challenge w/ Jess

**\*\*POUND @ 6:00 PM\*\***

Facebook bFF Wall Sit  
Challenge w/ Jess

Zumba @ 9:00 AM

Facebook bFF Wall Sit  
Challenge w/ Jess

WEEK  
FIVE

5/9 - 5/15

**BONUS**  
Silly Sunday

Share a video in the  
bFF FB group of you  
dancing freely to your  
favorite song.

**\*\*Zumba @ 6:00 PM\*\***  
POUND @ 7:15 PM

Facebook bFF Wall Sit  
Challenge w/ Jess

**BONUS**  
Extra Workout Challenge  
3 Sets of  
30 Second  
Downward Dogs  
  
MUST post video to FB bFF  
private group to earn point.

Facebook bFF Wall Sit  
Challenge w/ Jess

Zumba @ 12:00 PM  
Z Toning @ 6:00 PM

Facebook bFF Wall Sit  
Challenge w/ Jess

Zumba @ 6:00 PM

Facebook bFF Wall Sit  
Challenge w/ Jess

**\*\*POUND @ 6:00 PM\*\***

Facebook bFF Wall Sit  
Challenge w/ Jess

**\*\*Zumba @ 9:00 AM\*\***

Facebook bFF Wall Sit  
Challenge w/ Jess

WEEK  
SIX

5/16 - 5/22

**BONUS**  
Sunday Share Day

Share 1 thing in the  
bFF FB group that you  
have improved on  
since the start of this  
challenge.

Zumba @ 6:00 PM  
**\*\*POUND @ 7:15 PM\*\***

Facebook bFF Wall Sit  
Challenge w/ Jess

**BONUS**  
Extra Workout Challenge  
3 Sets of  
45 Sec Planks  
  
MUST post video to FB bFF  
private group to earn point.

Facebook bFF Wall Sit  
Challenge w/ Jess

Zumba @ 12:00 PM  
**\*\*Z Toning @ 6:00 PM\*\***

Facebook bFF Wall Sit  
Challenge w/ Jess

Zumba @ 6:00 PM

Facebook bFF Wall Sit  
Challenge w/ Jess

POUND @ 6:00 PM

Facebook bFF Wall Sit  
Challenge w/ Jess

Zumba @ 9:00 AM

**BONUS**  
Rock Your  
Crazy Hair

Facebook bFF Wall Sit  
Challenge w/ Jess