



MONTHLY FITNESS CHALLENGE

Group Fitness class challenge

Week 1

Date:	Class:	Instructor Initials:
Date:	Class:	Instructor Initials:

Week 2

Date:	Class:	Instructor Initials:
Date:	Class:	Instructor Initials:

Week 3

Date:	Class:	Instructor Initials:
Date:	Class:	Instructor Initials:

Week 4

Date:	Class:	Instructor Initials:
Date:	Class:	Instructor Initials:



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Attend two classes a week all month long. Record the date, and name of the class. Have the instructor initial your sheet for each class you go to.

For our virtual classes, you can take one of our classes on YouTube (UMBCRecTV) in your own time. Save screenshots of the finished video each time you work out. Once your sheet is complete submit it to Alea Burke (aleab@umbc.edu) for your Prize!

UMBC RECREATION
#GETACTIVE