

# FAC TOTAL BODY CHALLENGE 2024

**ARE YOU UP FOR THE CHALLENGE?**

\$10 PER CLASS OR  
\$25 FOR THE SERIES

**06** CLASSES

**35**  
MINUTES

THURSDAYS @ 6:30PM  
JULY 11 - AUG 15

WEEK 1:	TOTAL BODY WEIGHTED BAR
WEEK 2:	TOTAL BODY STABILITY BALL
WEEK 3:	BAR & SMALL BALL RANGE OF MOTION
WEEK 4:	TOTAL BODY TABATA
WEEK 5:	TOTAL BODY BAND
WEEK 6:	TOTAL BODY HAND WEIGHT

INSTRUCTED BY : DEB SPINNER