



21-DAY VIRTUAL FITNESS CHALLENGE

JULY 10-30, 2023



FITNESS CALENDAR



**ZOOM ROOM
(ALL CLASSES HELD HERE)**



CLASS LOG FORM

HOW TO PARTICIPATE:

1. Attend classes
2. Get the class “code word” at the end of each class
3. Log your classes
4. Top participants win prizes!



YOUR VIRTUAL FITNESS INSTRUCTOR TEAM



**BECKY GILLESPIE
BCBSTX**



**CARMEN GRASO
TXDOT**



**MACKENZIE MCYNTIRE
TXDOT**



**JEWELL SMITH
OAG**



**LACY WOLFF
ERS**



**CHRIS YOUNG
TXDOT**