

SUMMER SIZZLER

MINI CHALLENGES

MISS A CLASS? NO PROBLEM!

You have 5 chances to crush a mini challenge from the list to make up for it.

1. Crush a 6am and high-five your barre boss. 🖐️
2. Ditch work & float down the Bow! (or something equally fun)
3. Take a shameless selfie at the barre. 📷
4. Spotted! Rock your BBS swag outside & tag us.
5. Give a stranger a compliment. xo 👤❤️
6. Share a wicked good cardio song with your barre boss. 🎵
7. When your instructor says last 8 ... do 9!
8. Give back! Volunteer in the community & tell us about it.
9. Bring a NEWBIE to the barre. 👤👤
10. Get ready to sweat! Try our brand new Core + Tone class.

