



# SWEATEMBER

September 5 - 30

NAME: \_\_\_\_\_

## WEEK ONE HEART

1

2

3

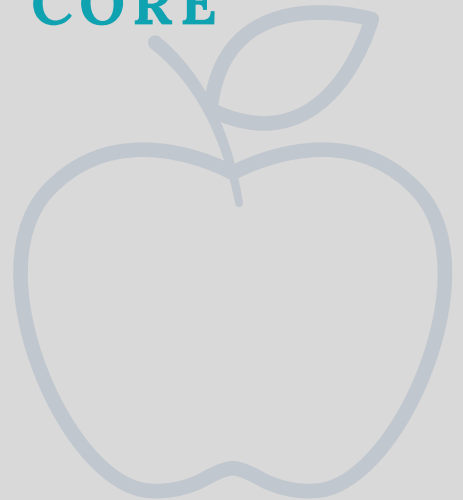


## WEEK TWO CORE

1

2

3



## WEEK THREE INTENTION

1

2

3



## WEEK FOUR TUSHY

1

2

3





# SWEATEMBER

## RULES OF THE ROAD

- To join, enter your name on the tracker.
- As you take classes between September 5 and September 30, mark your tracker with a sticker for each class taken. No special class cards or passes required - you can use your typical pass.
- To complete the challenge, you must take 3 classes each week (total of 12 classes). Please note additional "make-up" classes in other weeks are not counted!
- If you complete the challenge, you will receive a promo code for 12% off your next purchase.
- Everyone who participates is invited to our Sweatember Soirée on Saturday, September 30 at Pine Community Center @ 4th and Lombard from 6 - 8 pm! **RSVP required - [online@tuckbarreyoga.com](mailto:online@tuckbarreyoga.com).**