



# 21-DAY VIRTUAL FITNESS CHALLENGE

JULY 11-31, 2022



**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



**ROY LYTLE**  
DPS



**MACKENZIE MCYNTIRE**  
TXDOT



**JEWELL SMITH**  
OAG



**LACY WOLFF**  
ERS



**CHRIS YOUNG**  
TXDOT