

Instructor Frenzy Challenge

Try Every Class Type and Meet All Our Instructors!

Welcome to the January Instructor Frenzy Challenge! Your mission: ignite your 2026 by experiencing every class type and connecting with each of our talented instructors. Use the log below to record your journey.

Class Type	Instructor	Date Attended	Instructor Signature
ADF Burn	Lauren		
ADF Groove	Amber		
ADF Mix	Tiffany		
Barless Barre	Madison		
ClubADF	Lori		
FuseADF	Any Instructor		
Hip Hop Yoga - Flow	Katie		
Hip Hop Yoga - Chill	Nathaniel		
Turn Up Fitness	Stephanie		
Virtual FuseADF	Brandon		
Zumba	Melanie		
Zumba Toning	Jessica		

Instructions:

- Book your classes on our website or the Mindbody app.
- Attend each class type with the corresponding instructor listed above.
- Ask the instructor to sign and date your attendance after the class.
- After completing all class types, submit your challenge sheet at the front desk. Complete and submit by 1/31 to win a reward!

The perfect start to a new year! Get ready to dance, burn, and flow with the best team and community in GVL! 😊

