

Fit 100 Challenge - Point Totals

UPDATED

Rise & Shine Yoga: 5

Mixed Levels Yoga: 2

Advanced Yoga: 3

Barre: 4

Yin Yoga: 3

Mindful Meditation: 5

Booty Barre: 4

Stretch & Restore: 3

Jump Start: 3

Buttz & Gutz: 1

Pound: 4

Cardio Kickboxing: 3

Zumba: 2

Cardio Hip Hop: 1

Total Body Toning: 3

STRONG30: 5

Dance Fusion: 5

Extreme Core: 1

Morning Ride: 3

Power Training: 4

CyFlow: 3

Cycle 45: 2

Cycle & Core: 3

Cycle & Strength: 3