

TOTAL MINUTE CHALLENGE

WEEK 3

BENEFITS OF HAVING A WORKOUT BUDDY



Finding a workout buddy not only makes exercising more enjoyable, but it also brings the following benefits:

- Motivation
- Consistency
- Variety
- Accountability

Look for a workout buddy that motivates, inspires & pushes you, and try to be that champion for others as well!

OPTIMAL YOU GROUP FITNESS



The Optimal You Fitness Facility offers a variety of group fitness classes lead by experienced, certified instructors who are passionate about helping you along your fitness journey.

Visit the [website HERE](#) for the latest schedule, class descriptions, and instructions on how to sign up! Did we mention that group exercise at Optimal You is FREE for all members?

LOCAL COMMUNITY GROUP FITNESS



Free fitness classes are also offered in different gyms and parks located around Grand Rapids. More info in the links below:

[YMCA of Greater Grand Rapids - Free Community Classes](#)

[GR Parks & Rec - Free Outdoor Classes](#)

Bring your workout buddy and try it out!