Primal Body Athletics

Support another Citrus County small business	Accumulate 10 minutes holding the bottom of a squat	Bring a friend to class	Practice Double Unders for 10 minutes after class	Coordinate gym outfits with another member
Attend a class before 7am	Share a gym selfie on social media and tag Primal Body Athletics	Leave a Google Review for Primal Body Athletics	Attend 5 Classes in 1 Week	Partner WOD with someone new
Set a Personal Best Lift	Take a class at a time you have never attended	**FREE**	Attend Sunday Barbell Club	Complete Assault Bike Tabata and Log score in SugarWOD
Complete a 5 person pyramid and share the photo	Read a book	Consume 800g Vegetables/Fruit per day for 7 days	Complete 50 burpees after class	Introduce yourself to someone new at Primal Body
Complete 1 "Girl" Benchmark WOD	Attend a Saturday Class	Log your food intake for 7 days	Write down your 2026 fitness goal and give to coach	Bring Another Friend to Class

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Bring a friend to class	Write down your 2026 fitness goal and give to coach	Coordinate gym outfits with another member	Attend a Saturday Class	Partner WOD with someone new
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