

MON	TUES	WED	THURS	FRI	SAT	SUN
Meaningful Mondays	Tricky Tuesdays	Work-it Wednesdays	Thoughtful Thursdays	Flexy Fridays	Sexy Saturdays	Sunday Funday
<p>For our 5th Anniversary, we wanted to launch a social media challenge that captured the spirit and core values of Brass Butterflies studio, featuring fitness, fun, community, body positivity, and, of course, a chance to show off your mad pole and aerial skills! <b>#brassbutterflieschallenge</b></p>				<p><b>1 Happy Anniversary Brass Butterflies!</b></p> <p>Stretching decreases your overall risk of injury and increases physical mobility and performance in daily activities as well as your pole or aerial practice! What's your flexibility "trouble spot"? Post a photo of you performing your favourite stretch that targets that spot.</p>	<p><b>2</b></p> <p>"Sexy" means something different to everyone. We encourage everyone to explore their sensual side through dance and movement. What is "sexy" to you? Strength? Confidence? Playfulness? Post a photo of yourself on pole, silks, hammock or hoop where you feel you look sexy and comment why you feel that way.</p>	<p><b>3</b></p> <p>We believe fitness should be fun. Post a video or photo of you being silly in the studio or, for those participating from afar, wherever you're practicing. As long as you're being active and having some silly fun.</p>
<p><b>4</b></p> <p>We strive to maintain a non-judgmental, encouraging and supportive atmosphere of body positivity, helping every student to find confidence, self-love, and their own body's version of fitness and health. What part of your body do you love most? Why? Post a photo of yourself that highlights this.</p>	<p><b>5</b></p> <p>It's trick time! Post a photo of you doing the "trick" (pose, move, sequence) you're most proud of on pole, silks, hoop, or hammock!</p>	<p><b>6</b></p> <p>Conditioning is key. Let's do some arm and grip conditioning today. We're going with the 5 theme for our 5th anniversary. Do 5 sets if you can.</p> <p>5 push-ups 5 tricep dips 5 pull-ups (or bicep curls if you're at home and don't have an apparatus) 5 x 5 fist flashes 5 large arm circles in each direction</p>	<p><b>7</b></p> <p>Kaleidoscope: Community is extremely important to us at Brass Butterflies. Post a photo of you with some of your "studio family".</p>	<p><b>8</b></p> <p>Splits. Every pole dancer and aerialist wants a great split. This sort of flexibility comes easier for some than others, but you can increase your flexibility with consistent, properly performed stretching. Post a photo of your front and side splits wherever they are today (warm up first!). Don't worry if they're not even close to the floor. This is a baseline photo. A month from now, 6 months from now and a year from now you're going to take another photo and you'll be able to compare and see what progress you've made.</p>	<p><b>9</b></p> <p>Post a video or photo of you doing your favourite sexy floorwork. Don't know any? We'll post a video with a fun sequence for you to try.</p>	<p><b>10</b></p> <p>Do a handstand or a cartwheel or a pole or aerial type of movement somewhere outside. Be safe but have fun. Post a photo or video.</p>
<p><b>11</b></p> <p>WAIT! Let me take a selfie! Post a selfie of yourself. See how beautiful you are? Post with the hashtag #iambeautiful #insideandout Say it out loud. Believe it. Yes, I'm serious.</p>	<p><b>12</b></p> <p>What was the trick you struggled most/longest with before you finally nailed it; your nemesis move? Post a photo or video of you performing it. Way to go! Persistence and practice make progress.</p>	<p><b>13</b></p> <p>Core Day! When you spend a lot of time upside-down, you know that core is the key to inversions. 5 sets if you can.</p> <p>5 Leg Lifts 5 V-ups 5 Russian Twists 5 Walkouts 5 Superman Lifts</p>	<p><b>14</b></p> <p>Perform a random act of kindness today. Don't post what you did, but post a picture that hints at what it was or how you felt after you did it.</p>	<p><b>15</b></p> <p>Stretching isn't just about increasing or maintaining flexibility, it can be very relaxing and restorative too. We work our bodies HARD in pole and aerial classes. What's your favourite "feel good" or restorative stretch? Post a pic!</p>	<p><b>16</b></p> <p>Post a video or photo of your best sexy hair toss, body wave or twerking move!</p>	<p><b>17</b></p> <p>What's your favourite way of unwinding and treating yourself on a Sunday after a hard week of training at the studio? Post a pic!</p>
<p><b>18</b></p> <p>What's one thing about you that is NOT anything physical that you really like.</p>	<p><b>19</b></p> <p>What's your feel-good or "go-to" move when you freestyle on your apparatus of choice? Post a freestyle video.</p>	<p><b>20</b></p> <p>Don't worry, we won't skip leg day! Aerialists need strong legs too. Use a wall, chair or pole for balance if needed. 5 sets or as many as you can.</p> <p>5 Sumo Squats 5 Walking Lunges (each side) 5 Leg Lifts - Front, Side, Behind (each side) 5 Calf Raises (one side at a time for a challenge) 5 Bridge Lifts</p>	<p><b>21</b></p> <p>Post a photo of another person, a classmate or friend from the studio if possible, and list three things that you think are awesome about them.</p>	<p><b>22</b></p> <p><b>BONUS DAY! Pick your favourite of the previous 21 days and repeat that day's challenge. :) If you missed a day earlier,</b></p>	<p><b>23</b></p>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>

#### NOTES

The challenge will run for 3 weeks (21 days) starting December 1, 2017, ending in time for you to relax and enjoy the holidays. What's in it for you (besides the challenge and fun)? For students of our studio, by connecting your PerKville account to your FaceBook account and using the #brassbutterflieschallenge hashtag, you'll earn 10 bonus reward points every day that you post (limit of once per day)! Over 21 days that's up to 210 bonus points; enough to get you a free Non-curriculum class or halfway toward a free t-shirt or tank top! We'll be watching Instagram and Twitter for this hashtag too and, although you won't automatically earn points through PerKville for those posts, we'll manually reward anyone who participates on those platforms a one time 15 point bonus and another 100 points if you participate in all 21 days!