BARRY'S

BOOK NOW TRACK

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find YOUR STRENGTH

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10 OR 20 CLASSES. LET'S DO THIS.

JANUARY 13 - FEBRUARY 11

Complete the challenge and you'll earn:

CLASS TRACK
water bottle or a $40 gift card or $40 donation + 250 bonus stars in the Academy

CLASS TRACK
limited edition backpack or a $100 gift card or $100 donation + 600 bonus stars in the Academy

SUPPORT LA RELIEF EFFORTS
We are offering the option to forgo your prize and donate the equivalent gift card amount to your choice of either the California Fire Foundation or Baby2Baby.

SIGN UPS ARE CLOSED

*Prizes will vary by region and country. Please visit your home studio to confirm your region's challenge prizes, fulfillment, and redemption.

THE MAKERS OF LUMIFY®
REDNESS RELIEVER EYE DROPS

Your Time To Shine

Continue to boost your confidence in and out of the Red Room during the Find Your Strength challenge. In just one minute, LUMIFY® redness reliever eye drops significantly reduce redness to help eyes look whiter and brighter, revealing your eyes' natural radiance.

Claim 20% off using BARRYS20

LEARN MORE

OIKOS

ZERO LIMITS IN THE RED ROOM

Find Your Strength this year and finish the challenge strong. Oikos Triple Zero Nonfat Yogurt gives you more of what you want, less of what you don't – 0% fat, 0g added sugars* and 0 artificial sweeteners. A delicious protein-packed snack to help you reach your goals!

*Not a low-calorie food

LEARN MORE

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FAQ

WHAT IF I AM AN LA CLIENT IMPACTED?

Due to the impact to the LA community, clients in select studios will have additional time to complete the challenge. LA clients can track your extended challenge strength-la.barrys.com/login

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HOW CAN I CLAIM MY PRIZE?

All finishers will receive a link to select their prize or choose to donate to LA relief efforts on February 12, 2025.

If you select to donate your prize gift card earnings, you will be given the choice to donate to either the California Fire Foundation or Baby2Baby.

If you select the online shop gift card prize it will be emailed to you on February 18, 2025.

If you select the exclusive merch prize, it will arrive to your challenge studio in early April, they will email when available for pick up.

If you finish and do not select a prize by February 14, an online retail credit will be sent to you on February 17.

*Prizes vary by region. Miami, Canada, UK clients please visit your local studio to find out more about your prizes.

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WHEN WILL I GET MY PRIZE?

In our continued sustainability efforts, prize orders will be placed once the challenge is over.

Exclusive merch prizes will arrive at your challenge studio in early April.

If you select the online retail credit prize associated with your class track, it will be sent to the email on your account on February 17, 2025.

All Academy stars will be awarded within 24 hours of finishing your challenge track.

DO I NEED TO SIGN UP FOR THE CHALLENGE?

Yes, all challenge participants must sign up, however, when and how you choose you take your classes is up to you.

DO CLASSES TAKEN IN OTHER COUNTRIES / REGIONS COUNT TOWARDS THE CHALLENGE?

Yes, this is a world wide celebration! You can take classes at any Barry's studio around the world. Classes taken in Red Rooms in the US, Canada and UK will automatically count towards the challenge. Contact your local studio for tracking classes outside the region you signed up in.

DO I NEED TO BUY A SPECIAL PACKAGE TO PARTICIPATE?

No. You can use any class package or membership to complete the challenge.

IS THERE A PRIZE FOR FINISHERS?

Yes!

Every 10 class finisher will receive a water bottle OR a $40 gift card or $40 donation and 250 bonus stars in the Academy.

Every 20 class finisher will receive a limited edition backpack OR a $100 gift card or $100 donation and 600 bonus stars in the Academy.

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I JUST STARTED AT BARRY'S. CAN I DO THIS?

Barry's is inclusive. Everyone can do this! We encourage you to modify if necessary. Don't forget to notify your instructor of any injuries or concerns.

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CAN I CHANGE MY CHALLENGE HALFWAY THROUGH?

You're able to upgrade to 20 class challenge if you initially chose the 10 class challenge, but you're not able to downgrade -- we know you can finish this!

DO RIDE AND LIFT CLASSES COUNT?

If RIDE and LIFT are available in your region, these classes are a great compliment to the Red Room experience and will count towards the challenge.

Tag @barrys

TRACK YOUR PROGRESS ON THE APP

Get the App

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