



HALLOWEEN

1,000- and 500-pound Challenge

Friday, Oct. 27

9 a.m.-1 p.m.

Support Site
Fitness Forum

\$7

Challenge yourself to perform three power lifts that total 1,000 pounds for men and 500 pounds for women.

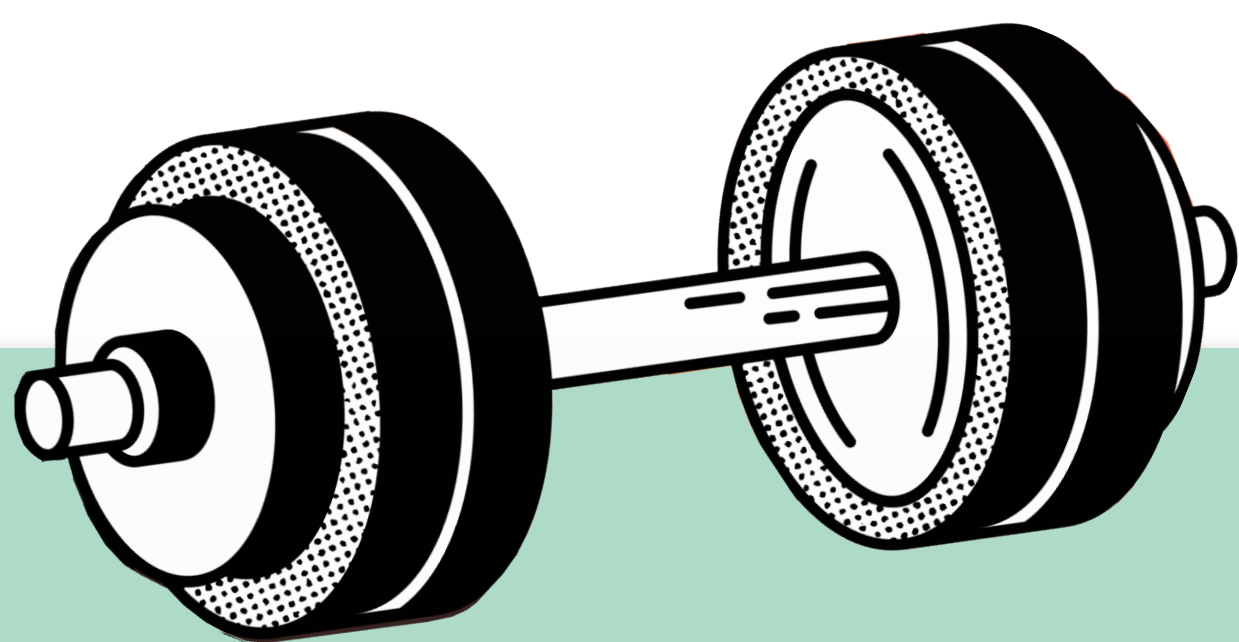
Each participant will have two attempts at squat, bench press and deadlift. Participants who lift the heaviest weight in each category will receive a medal.

WEAR A HALLOWEEN COSTUME!

The best costume wins a prize!

All participants receive a T-shirt!

**Register now because
space is limited!
Scan the QR code to
register and pay online**



For more information, call 081-811-6721/DSN 629-6721.