



MEMORIAL DAY HERO WOD



Monday-Friday, May 23-27

9 a.m.-3 p.m.

Fitness Forum, Support Site

Participants must complete the following:

**1-MILE RUN
100 PULL UPS
200 PUSH UPS
300 SQUATS
1-MILE RUN**

All while wearing a 20-pound weight vest

Top male and female winners will be posted on Facebook!

Register at Capodichino Fit Zone or Support Site Fitness Forum.
For more information, call 081-811-6721/DSN 629-6721.



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