

MAY FITNESS MONTH

★★★★★  
**SALUTE TO  
HEROES**  
**WORKOUT CHALLENGE**

FOUR WORKOUTS IN THE MONTH OF MAY

**0830 - 0930 | LANGLEY TRACK**

- ★ MAY 01 - BERT CHALLENGE
- ★ MAY 08 - ZACHARY TELLIER CHALLENGE
- ★ MAY 15 - KALSU CHALLENGE
- ★ MAY 21 - MURPH CHALLENGE (1530)

WORKOUTS WILL BE CHALLENGING, BUT MODIFICATIONS WILL BE AVAILABLE. EACH SESSION WILL HAVE A TIME CAP, ENSURING EVERYONE STARTS AND FINISHES TOGETHER. WORKOUTS INCLUDE A HERO TRIBUTE, GENERAL AND SPECIFIC WARM-UPS, A TIMED WORKOUT, AND A COOL-DOWN.



SCAN TO REGISTER