



9/11 HERO WOD

First Responder Recognition

at Fratellenico 3932 Indiana Ave.

Sept. 11

5pm-6:30pm

- Open to all
- Heats run every 7 minutes
- 9 exercises
- 11 reps each

Registration on site, \$5 participation fee, includes t-shirt

For more information call 270.798.9418