

Honoring those who made the ultimate sacrifice!

★ RUCK XTM ★

MEMORIAL DAY HIKE

JOIN F45 TRAINING FOR OUR INAUGURAL MEMORIAL DAY HIKE TO HONOR OUR FALLEN SERVICE MEN AND WOMEN. WE WILL COME TOGETHER IN MAY TO HIKE 25+ LBS OF FOOD. WHICH WILL BE DONATED AFTERWARD TO A LOCAL FOOD PANTRY, MILITARY INSTALLATION OR VETERANS ORGANIZATION.



- HIKE 4.5 MILES OR KM
 - *IN PERSON OR VIRTUAL
- MAY 27TH, 28TH OR 29TH
- FREE ENTRY
- PRIZES FOR INDIVIDUALS & STUDIOS

- SIGN UP & JOIN AN F45 TEAM
 - *OPEN TO THE PUBLIC
- BRING 25+ LBS OF FOOD
 - *CANNED OR BOXED/DRY GOODS
- BRING A FRIEND TO JOIN YOU

HELP BRING LOCAL F45'ERS AND THE COMMUNITY TOGETHER FOR A COMMON CAUSE. THE TOP THREE (3) F45 STUDIOS THAT 1) RAISE THE MOST MONEY, 2) BRING THE MOST FOOD, 3) HAVE THE MOST PARTICIPANTS, WILL RECEIVE AWARDS. THE TOP 3 FUNDRAISERS FROM EACH STUDIO WILL RECEIVE AN AWARD.

VET X F45 TRAINING



★ WWW.RUCKX.ORG ★