

An American flag is draped vertically on the left side of the poster, showing the stars and stripes. The background of the poster is a dark, textured grey.

# Memorial Day Hero WOD



**May 26-30**

**Capodichino Fit Zone and  
Support Site Fitness Forum**

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Participants must complete the following  
while wearing a 20-pound weight vest:

1-mile run  
100 pull ups  
200 push ups  
300 squats  
1-mile run

Register and reserve your time slot at the  
Capodichino Fit Zone or Support Site Fitness  
Forum front desk by May 30.

Limited to five participants per workout due  
to weight vest availability.

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

