

911 Fitness Challenge



Benefits...



Shriners Hospitals
for Children™

**Team who Loses the Most Fat and Gains
the Most Muscle WIN\$**

Eligibility:

Police, EMS, Firefighter, Military, Spouses, Civilians, Nurses, Prosecutors, and more...

Participants Receive:

- New 911 Peer Trainer Fitness Certification
- Body composition assessment
- Challenge T-Shirt & Nutrition Journal
- Weekly Fitness instruction / motivation

Registration:

- 49.00 per person
- Teams must have 3 – 5 members
- Register at www.911Fitness.com

Shriner's Hospitals for Children provides FREE service for children missing limbs, burn care, brain injuries, cleft & palate, spinal cord. Best treatment in the World, including surgeries, therapy and equipment.

Visit www.ShrinersHospitalsforChildren.org

911 CrossFit • 12330 SW 53 Street #708, Cooper City, FL 33330 • 954-438-4744