



# FREEDOM 250 FIT \* FEST

**29-03**  
JUNE JULY

**FITNESS  
CENTER**

## SCHEDULE

**JUNE 29:** 50 Pushups

**JUNE 30:** 50 Squats

**JULY 1:** 50 Pullups

**JULY 2:** Freedom 5K (1100)

**JULY 3:** 50 Kettlebell Swings

**FREE** FOR ALL PARTICIPANTS

The first 20 finishers of the Freedom 5K will receive a medal!  
All participants that complete all challenges will gain  
bragging rights! Open to all with base access.