



GO TIME
FITNESS
GO-TIME-FITNESS.com



FALL 2017 GTF CHALLENGE

A fitness challenge that is great for walkers, runners and workout warriors of all shapes and sizes! Tire flips, sandbag carries and other (FUN) activities mixed in throughout the course.

GO TIME FITNESS has partnered with **Sarge Bootcamp** to offer more fitness challenges and, again, **CASH prizes!**

**Race time 9:00 am Saturday, Sep. 30th, 2017
at Lake Accotink Park in Springfield, VA**

Visit Go-Time-Fitness.com for details and registration
\$50 with T-shirt included (\$60 on race day)

Questions? Contact Jeff McCaslin (race director) at
gotimefit1@gmail.com or 703-732-2839

We are excited to announce that this year we are working with the
Yellow Ribbon Fund

whose mission is to provide support to injured service members and their families while they're at Walter Reed National Military Medical Center, Fort Belvoir Community Hospital, and after they return to their hometowns



**YELLOW
RIBBON FUND**

Welcoming Our Injured
Service Members Home
yellowribbonfund.org