





Victory Fitness Center

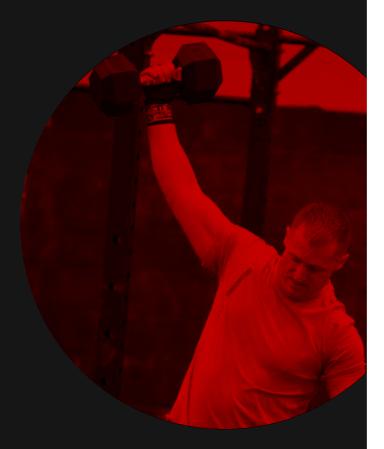
May 18-19

Time: 7 am - 8 pm

WOD With The Troops 2019 is a 2 day fitness competition hosted by 3B Fitness LLC.

Over the 2 day competition participants will compete as individuals and teams working through 4 separate events in an effort to claim the top spot.

Individuals will compete on Saturday, MAY 18th, and 2 Person Teams will compete on Sunday, MAY 19th. The event will be open to the public with competitors coming from all over the southeastern US region.



FOR MORE INFORMATION:

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