



WORLD WIDE WOD GYM RESOLUTIONS JANUARY 11TH 2014

**SECOND ANNUAL EVENT HELD AT LOCAL
GYMS AROUND THE WORLD.
NEW YEAR SAME GIRLS NEW PR'S TO CRUSH
HELENA • KARENA • GRACE**

World Wide WOD : Gym Resolution is an annual event held in gyms/boxes all over the World! just in time to test and make New Year Resolutions. the following year you can compete again and see your progress. These wods will be bench mark workouts that will be used each year. What better way to start off the year?

Individual: \$55

Increase: \$65 on
12-15-2013 @ 12:00 PM

Event Date:
January 11th

Shirts provided by:



Brought to you by:



Registration Ends: 01-06-2014