

METROFLEX GYM

FT. WORTH

PRESENTS

WEEKEND TO REMEMBER STRENGTH CHALLENGE

JUNE 11-12

FREE ADMISSION

OPEN TO THE PUBLIC

BENEFITTING



DONATIONS WELCOME



SATURDAY JUNE 11TH (12PM - 4PM)

Metroflex Ft. Worth

(5501 Thelin Street, Fort Worth, TX 76115)

Opening Ceremony with American Flag Skydive by
Army Special Forces Sergeant 1st Class (R) Dana Bowman

- * BBQ by Champion Makers
- * Strongman Helicopter & Military Truck Pull *
- * 5-Man Warrior Team Competition
- * Day of Weight Training *

(6:30 PM)

Parker County Sheriff's Posse Frontier Days and Rodeo

(2251 Mineral Wells Hwy, Weatherford, TX 76088)

- * SFC (R) Dana Bowman will skydive into the rodeo *
- * Metroflex Ft. Worth & HALO Warriors will participate in rodeo *

SUNDAY JUNE 12TH (10AM - 12PM)

Metroflex Ft. Worth: Day of Cardio Conditioning & Much more!

For more information contact: Rendy DeLaCruz @ 817.891.6261
email: MexHercules@gmail.com Website: www.metroflexgym-ftw.com

For more information on HALO visit: www.HaloForFreedom.org

HALO IS A 501(c)(3) NON-PROFIT ORGANIZATION HELPING WOUNDED VETERANS EIN: 46-0588433

