

PULL UP CHALLENGE!

April 1 – 30, 2026



**Complete as many body reps as you can in a certain amount of time.
Woman – 2 minutes; Men – 3 Minutes.**



Sign up with a Personal Trainer at the Fitness Center.



**Age Categories: Juniors – 20 – 34; Seniors – 35 – 50;
Masters – 51-64; Masters Plus – 65+**



**Top Male and Top Female of each age category will receive a
fitness coin.**

For more information:



(361) 961-3164



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