

This event is open to SRPMIC Community Members and their immediate family members, individual who reside within SRPMIC boundaries (must provide proof of residency), and SRPMIC Tribal & Enterprise Employees, which includes, the Boys and Girls Club Employee (Red Mountain and Lehi Branches)

Test your strength and endurance by joining one of these competitions or do them all!

UPDATE!



SRPMIC DIABETES PROGRAM'S
“Bench Press, Strength and Muscular Endurance and Tug of War”

WHEN:

The week of June 10 – 13, 2013

- **Tug of War (Final) – Thursday, June 13**
- **Bench Press – Thursday, June 13**

WHERE:

Salt River Fitness Center:

Bench Press

&

Strength and Muscular Endurance

Friendship Park:

Tug of War Event

TIME:

TBD



Contact Dion Begay, Physical Fitness Specialist for details on event

At 480-362-7320

