

Support **SEALFIT Team Member** Jon Atwater to Walk Again!

SEALFIT **BENEFIT WORKOUT**



3 Ways to Participate Include:

DO The 20 Minute AMRAP

- At home or work with friends/teammates on Saturday, May 10th
- At your BOX or Gym anytime on Saturday, May 10th
- At the SEALFIT Training Center on Saturday, May 10th anytime from 8:30am-4:30pm.



The live SEALFIT event will feature a DJ; vendors; six time slots for those that want to participate in the AMRAP AND a SEALFIT Team demonstration with warrior toys including tires, ropes, sledges, sleds and more from 12-1pm.

Suggested Donation of \$20 (<http://www.sealfit.com/jon-atwater>)
(or as much as you would like to donate)

Can't attend the event or do the WOD, but would like to help Jon? No problem!

Donate directly to Jon's cause

Go to <http://www.sealfit.com/jon-atwater> for more information.

Bid on a silent auction item

Silent auction will go live May 3rd at this link:

<https://www.biddingforgood.com/jonatwater>