

# ***Are you Strong?***

## ***Participate in the Beacon Fitness Center's***

### ***Strongest Member Contest!***

Compete by performing the following lifts: squats, bench press and dead lift.

***Compete for the title of the Strongest member!***

**When:** Tuesday, November 10 from 1-3pm.

**Where:** Beacon Fitness Center

***Prizes will given to the winner!***



For more information contact: The Beacon Fitness Center at 617-287-6786

This event is brought to you by the UMass Boston Athletics