



**FREE
EVENT**

Ages 18+

SOFA members only

YOKO GAMES

July 25 • 9 a.m.
Fleet Gym Basketball Court

Individual entry only.

The Yoko Games is a high-energy functional fitness challenge designed to test endurance, strength, and mental toughness. Face the course alone, push beyond your limits, and prove you belong among the elite. No teams. No excuses. Just you vs. the mission.

Events:

500m SkiErg • 56m Sled Push • 500m Rowing
56m Farmer's Carry • 28m Sandbag Lunges • 50 Wall Balls

Registration open now through July 24 at noon.



For more information, please call
046-896-4486

