

EMPOWER CHARTER SCHOOL PRESENTS:

SQUATS **FOR** **SCHOOLS**

WHEN: Saturday, June 21st

WHERE: Gyms & CrossFit Affiliates

W.O.D: "Empower"

9 Burpees

20 KB Swings (53#/35#)

20 AirSquats

AS MANY ROUNDS AS POSSIBLE IN 14 MINUTES

DETAILS: \$20

Do a Squat. Build a School.

Register at www.empowercharter.org