

THE OFFICIAL **MURPH.24** CHALLENGE



1 MILE RUN



100 PULLUPS



200 PUSHUPS



300 SQUATS



1 MILE RUN

Pelican Athletic Club is an
official 2024 MURPH challenge host.

Join us in honoring Lt. Murphy
with the workout, and stay after for
complimentary hydration and protein snacks!

DATE: Monday, May 27th

TIME: 7:30am - 10:30am

LOCATION: Performance Center

PLEASE REGISTER FOR YOUR CLASS TIME ON THE PAC APP

PELICAN
ATHLETIC CLUB