

# BENT BAR Strength Training Club



**September 10 - November 4**

**Cost: Free**

**Grand Prize: Fargo Force Tickets**

Join the **Bent Bar Club** by completing **24 strength training** workouts in **8 weeks**.  
The more you lift the better your chances of winning the **Grand Prize!**

Owned and Operated by  
Fargo Park District:



**Questions & Registration:**

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Connect With Us:

