



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE TOGETHER OCR TRAINING

Jan 2-April 3, Monday Nights at 6, in the Gym



Have you ever wanted to try an obstacle course race? The Winter 2016 OCR Training class is a perfect way to get prepared!

Members: \$45
Non-Members: \$85

Rocky Mount
295 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622