

WODS FOR HEROES

2026

VEGOTYOURBACK911®



HERO WORKOUTS EVERY 2 HOURS

Fitness Challenges



Raffle Table



50/50 Draw

29 Centennial Road UNIT 12/13, Orangeville

May 30th, 2026 ★ 7am-7pm

Supporting First Responders Mental Health

**TOTAL
ATHLETICS**
TRAINING & REHAB

CONTACT US
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SCAN FOR DETAILS

