



**Fit For Life**

All Ages All Abilities

# FIT LIKE A HERO

ARE YOU READY TO  
TRAIN LIKE A HERO?

JOIN US SEPTEMBER 18TH 2025 AT 4:30PM  
AN OBSTACLE COURSE THAT WILL TRAIN YOU LIKE A  
MEMBER OF THE SUFFOLK COUNTY SHERIFF'S OFFICE!

GEM FITNESS  
4580 SUNRISE  
HWY OAKDALE NY  
(631)419-2442

\$5 PER PARTICIPANT  
TO BENEFIT FIT FOR  
LIFE

