



PRESENT

SQUARE UP

ROUND 4

SURVIVING THE RING & YOURSELF



SATURDAY AUG, 13 2022 · 11A-2P · \$25

REGISTER @ WWW.MATCHBOUT.CO/SHOPMATCHBOUT

PRICE INCLUDES: CATERED LUNCH, BOXING FITNESS TRAINING, GUEST SPEAKERS, LIVE ENTERTAINMENT AND MORE SURPRISES!

WEAR COMFORTABLE WORKOUT GEAR!

MATCHBOUT ATHLETIC DEVELOPMENT CENTER

868 OKLAHOMA DRIVE CHESAPEAKE VA 23323

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QUESTIONS? CONTACT: INFO@GROWFOUNDATIONVA.ORG 757-777-3359