



**Business  
Beats Cancer®**  
Yorkshire



# ULTIMATE HYBRID FITNESS AND FUNDRAISING CHALLENGE

OCTOBER  
9TH

## BUSINESS BEATS CANCER YORKSHIRE

A fantastic new fundraising event that is sure to get your pulse racing! This exciting challenge will see teams take on a two-hour 'Hyrox style' indoor fitness event combining strength, stamina and endurance.

Expect wall balls, rowing and running machines, kettlebell swings, synchronised dumbbell squats, sit ups and much more!

For more information and to register your team, contact  
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