

NIGHTMARE BEFORE CHRISTMAS CHALLENGE



**OPEN THE DOOR
TO FITNESS!**

Throughout the month of
October track your
Burpee + Log Jump to
unlock a new door.

Totals are cumulative-
the more you do,
the more doors you unlock,
and the more chances
you have to win.



Raffle drawing will be pulled on
Monday, November 3, 2025, at 12:30 p.m.

SCAN ME

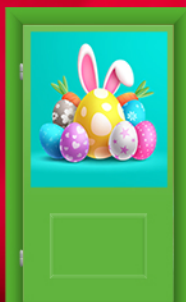
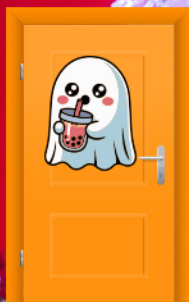


Scan the QR code or visit
hawaii.armymwr.com/categories/sports-and-fitness
for facility hours of operations.

Register at
Helemano Military Reservation
Physical Fitness Center or call
(808) 787-7460.

More Burpees...More Raffle Entries!

| Burpee + Log Jump total | Door Unlocked | Theme | Raffle entries earned |
|-------------------------|---------------|-------------------|-----------------------|
| 100 | Door 1 | Halloween Town | 1 |
| 250 | Door 2 | Christmas Town | 2 |
| 400 | Door 3 | Easter Town | 3 |
| 600 | Door 4 | St. Patrick's Day | 4 |
| 800 | Door 5 | Thanksgiving | 5 |
| 1000+ | Door 6 | Valentines' day | 6 |



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[HiMWR.com](https://hawaii.armymwr.com) or [f MWR HAWAII](https://www.facebook.com/MWRHAWAII) [i](https://www.instagram.com/MWRHAWAII)

