

# FEMSPORT

Women's Strength & Fitness Challenge



presented by City Fit Shop

BECOME YOUR  
OWN CHAMPION

BOX JUMPS | TIRE FLIPS | SANDBAG BURPEE/PRESS | TIRE DRAG | KETTLEBELL LIFT | OBSTACLE COURSE

**EDMONTON, AB**

**July 22nd, 2017**

**10:30 am - 5:00 pm**

**SPRUCE AVE COMMUNITY CTR**

**10240 115 Ave. NW**



**FREE ADMISSION**