

FEMSPORT

Women's Strength & Fitness Challenge

www.femsport.tv

EMPOWERMENT

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

KAMLOOPS

May 27th, 2017

10:30 am - 5:00 pm



Berezan

FIT BY DESIGN
empower • unite • inspire

SAHALI MALL

(Parking lot)

945 Columbia St.,

FREE ADMISSION