

FEMSPORT

Women's Strength & Fitness Challenge

BECOME YOUR OWN CHAMPION

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

SYDNEY, NS

July 8th, 2017

10:30 am - 5:00 pm



women's health and fitness club

Fit For Life

325 Vulcan Ave.,

FREE ADMISSION