

FEMSPORT

Women's Strength & Fitness Challenge

city
of north
vancouver

BECOME YOUR
OWN CHAMPION

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

N. VANCOUVER, BC

Sept 9th, 2017

10:30 am - 5:00 pm

Shipbuilders Sq

15 Wallace Mews Rd

FREE ADMISSION