

FEMSPORT

Women's Strength & Fitness Challenge

www.femsport.tv

BECOME YOUR
OWN CHAMPION

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

MOOSE JAW, SK

Aug 18th, 2018

10:30 am - 5:00 pm

Cordova St.

between Main & Langdon

FREE ADMISSION

MAIN STREET
STRENGTH & CONDITIONING