

FEMSPORT

Women's Strength & Fitness Challenge

www.femsport.tv

presented by

NEXGEN
TRANSPORTATION

BECOME YOUR
OWN CHAMPION

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

SPRUCE GROVE, AB

Jubilee Park

510 Grove Dr. W



July 21st, 2018

10:30 am - 5:00 pm

FREE ADMISSION