

# FEMSPORT

Women's Strength & Fitness Challenge

[www.femsport.tv](http://www.femsport.tv)



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**