

BOX JUMPS | TIRE FLIPS | KETTLEBELL LIFTS | CAR PUSH | TIRE DRAG | SANDBAG BURPEE CLEAN & PRESS



FEMSPORT®



KAMLOOPS 2025 CHALLENGE

SATURDAY, MAY 24TH

330 Chief Alex Thomas Way

Tk'emlúps te Secwepemc
(Pow Wow Parking Lot)

10:30 am - 5:00 pm

www.femsport.ca

**FREE
ADMISSION**