

# KETTLEBELL

# FITNESS

# SESSION 3

**6 WEEKS**

**SATURDAY 9-9:45 AM, APRIL 13-MAY 18**

**OR**

**TUESDAY 6-6:45 PM, APRIL 16-MAY 21**

## Why kettlebells?

- Full body workout in less time than traditional strength training
- Increase strength and power
- Improve cardio fitness (low impact)
- Improve core strength and stability
- Stimulates new bone cell growth
- Improve posture
- Get a firmer, leaner and more toned appearance
- Accelerate fat loss

## Rates:

Member\*: \$90    Public\*: \$120

Member Single Class Drop In: \$18

Public Single Class Drop in: \$23

\*Per 6 classes. If you wish to attend Saturday AND Tuesday, you must register and pay for both.

Register at the front desk today!



With Certified  
Personal Trainer  
Brianna Ramsey