



ANNOUNCING KETTLEBELL TRAINING



What can KETTLEBELLS do for you?

- 1) Blast off fat - 9x more than traditional cardio
- 2) Build strength, power, flexibility, endurance and cardio
- 3) Get more out of your workouts in less time
- 4) Become a master at moving real-world unbalanced objects
- 5) Develop a balanced and stable frame that functions optimally
- 6) Get what Vogue calls the "Bell-Butt: High, Packed, and Narrow "

Sign up at the Front Desk for

FREE DEMO CLASSES in the FITNESS CENTER

Monday, November 1st, 11:00am & Tuesday, November 2nd, 7:00pm

If you get hooked, (which you will), then you can sign up for our 6 week sessions!