



Kettlebell

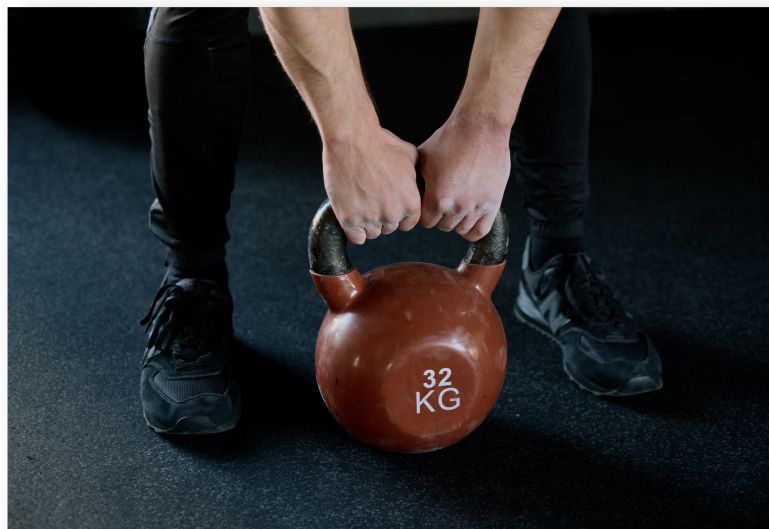
Small Group Training

7 weeks for \$91

Wednesdays 6pm-7pm

Registration April 17

Kettlebells are truly the "super tool" and perfect for all levels of participants to learn proper form and increase total-body strength! This class will give fast results for strength, endurance, and muscle toning by challenging both the muscular and cardiovascular systems with dynamic movement.



**For more information, contact:
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