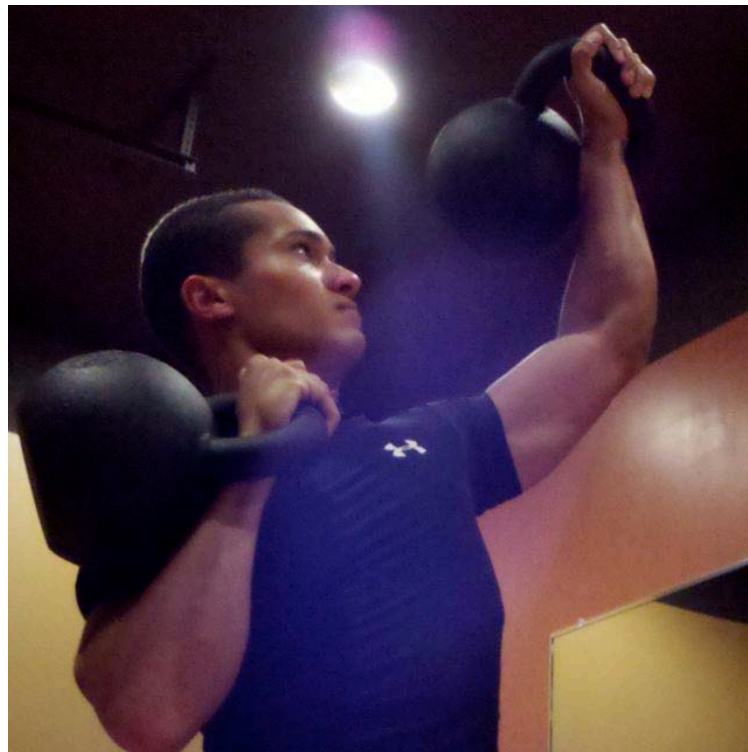


FREE INTRO TO



KETTLEBELLS

Shaped like cannonballs with handles, Kettlebells are cast iron weights that have been used for hundreds of years for total body conditioning. Come learn about this exciting new fitness opportunity with ACSM and Dragon Door certified trainer, Ian McClenny!

Monday Nov. 29th 6 – 7 pm
Wednesday Dec. 1st 7:30 – 8:30 pm
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