

KETTLEBELL



Thursdays

7:45 to 8:45 pm



10 Week Session

Ages 16+

Kettlebell takes heart-pumping music and your favourite kettlebell moves, and combines them into 60 minutes of calorie torching fun! Each song will focus on a main area, while still maintaining a whole body workout.

Members \$47 Non-Members \$57

Registration begins on Saturday June 24th, 2017. Classes begin on Thursday June 29th, 2017

Save 10% on Kettlebell on June 24th between 8:30 & 10:30am ONLY

For more information on all Club programs, visit www.crescenttownclub.com