

KETTLEBELL



8 Week Session

Thursdays

7:45 to 8:45 pm



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 \$50 Non-Members \$60

Registration begins on Saturday September 22nd, 2018. Classes begin on Thursday October 4th, 2018

Save 10% on Kettlebell on September 22nd between 8:30 & 10:30am ONLY

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