

# KETTLEBELL



**Thursdays**

**7:45 to 8:45 pm**



**8 Week Session**

**Ages 18+**

**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 April 7th, 2018. Classes begin on Thursday April 12th, 2018**

**Save 10% on Kettlebell on April 7th between 8:30 & 10:30am ONLY**

**For more information on all Club programs, visit [www.crescenttownclub.com](http://www.crescenttownclub.com)**