

KETTLEBELL



10 Week Session

Thursdays

7:45 to 8:45 pm



Ages 18+

Kettlebell AMPD 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 March 25th, 2017. Classes begin on Thursday April 6th, 2017

Save 10% on Kettlebell on March 25th between 8:30 & 10:30am ONLY

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