

# KETTLEBELL TRAINING



***New Session starting in July!***

**Instructor: TJ Lawson**  
**SFG Certified Kettlebell Instructor**

- 1** Achieve a Leaner & Stronger Physique
- 2** Develop Strength & Power
- 3** Change your body & the way you look at exercise

**8 week course: 1 day/week (\$179)**

- Tuesdays July 5<sup>th</sup>-August 23<sup>rd</sup>**
- 6:15-7:00am**
- Studio 3**



**Sign up online or at Member Services**

