

Kettlebell Conditioning

18 years and up

Thursdays
June 7th, 14th, 21st
6:00-7:00 pm

\$40-\$50

Class Size is Limited

Kettlebell training provides many benefits including improved coordination & agility, better posture & alignment, functional & simple movements, and a time efficient workout. You will train multiple fitness components in the same session including cardio, strength, balance, power, and endurance while using very functional movements.

Don't miss this dynamic class!

This class is not recommended for those new to fitness.



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