

Kettlebells!

at the 

Challenge your muscular and cardiovascular systems with dynamic, total-body movements in a group class format. Increase strength, endurance, agility and balance!



**45 min.
class**
**Tue & Thu
@ 5:30pm**
**Saturdays
@ 10:00am**
with
Bill Crawford
**Downtown
YMCA
in the
Jump Stretch
room**



For more info Google "Kettlebells" (google.com)