

Bill Crawford

From: "Spinnin' Willy | Kettlebilly" <bcrawford@ymcanet.org>
Sent: Tuesday, October 27, 2009 8:22 AM
Subject: Kettlebells at the YMCA

Kettlebells is a group strength training class (and so much more!) offered at the downtown East Liverpool YMCA. The current schedule is Mondays and Wednesdays at 6:00pm, Tuesdays and Thursdays at 5:30pm, and Saturdays at 10:00am.

It's a 45 minute class, bring water/drink and a towel (you're gonna sweat!)

Current members range in age from teens to 70's, guys, gals, everyone is welcome!

Google (google.com) "Kettlebells" to find out more about the growing popularity of this workout.

[What is Google?](#)

Other outfits that have Kettlebell instructors keeping their members strong:

Force Recon Marines, the FBI Hostage Rescue Team, and the Secret Service Counter Assault Team! Also popular with the MMA (Mixed Martial Arts) crowd.

Kettlebells melts fat without the dishonor of dieting or aerobics; losing 1% of bodyfat a week for weeks is not uncommon. If you are overweight, you will lean out. If you are skinny, you will get built up.

Kettlebells testimonials from YMCA members just like you!

"Being someone who likes lifting weights, I feel Kettlebells gives me a full core workout, doing things I normally would not do. I also feel it has helped with my flexibility. Add in the abs and the cardio I get from it, and its just all real good. Plus, its just something a little different and that keeps me coming!"

"Kettlebells is a fun way to do strength training! As someone who mostly does cardio workouts, I was surprised at how quickly I was able to drop a pant size. The group setting makes you push yourself more than you would on your own and the time passes very quickly."

"Because of Kettlebells, I am now able to start the push mower with the pull-start cord all by myself; which is something I could never do before. Kettlebells has allowed me to run up hills easier due to stronger leg muscles. I have found the nicest people take Kettlebells! Through this class I have made lots of new friends. I actually have muscles in my arms... something I never knew I had before! I have increased my arm strength through Kettlebells. Prior to this class, lifting 10 lbs was difficult, not now though! Class time goes by quickly and the music is great! You haven't lived till you've done a "Turkish Get-Up". Everyone should be so lucky!"

[What is a Turkish Get-Up?](#)

Downtown YMCA | 330-385-0663

Calcutta YMCA | 330-385-6400

www.ymcanet.org

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