

Kettlebells

Kettlebells and Cardio bursts designed to improve your endurance, strength and agility.

All Fitness levels welcome!



Friday

April 28th – May 26th, 2017 (5 weeks)

9:10-9:40am (TRX Studio)

Instructor: Judy Ewart

Registration starts: Mon April 17th

**8 People Max
(TRX Training Studio)**

Members: \$12.50

Non-members \$25

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Monday

April 24th – May 22nd, 2017 (5 weeks)

9:10-9:40am (TRX Studio)

Instructor: Amy Flakus

Registration starts: Mon April 17th

**8 People Max
(TRX Training Studio)**

Members: \$12.50

Non-members \$25

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Attend 1 day or both...

-Monday 5:45-6:15PM

May 1st – May 22nd, 2017 (4 weeks)

Members: \$10.00 Non-members \$20

-Thursday 5:45-6:15PM

May 4th – May 25th, 2017 (4 weeks)

Members: \$10.00 Non-members \$20

Registration starts: Mon, April 24th

8 People Max

(TRX Training Studio)

Instructor: Kelcy Schaunaman

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SATURDAY

May 6th – May 27th, 2017 (4 weeks)

7:15-7:45am

Instructor: Judy Ewart

Registration starts: Mon May 1st

8 People Max

(TRX Training Studio)

Members: \$10

Non-members \$20