



KETTLEBELL CLASS

WHO ARE KETTLEBELLS PERFECT FOR?

ANYONE LOOKING TO LOSE BODY FAT

THOSE SEEKING TO GAIN A TONED APPEARANCE

ANYONE WHO TAKES PART IN ENDURANCE ACTIVITIES

ANYONE WHO HAS EVER SAID " I JUST WANT TO GET FITTER"

STRENGTH TRAINERS WHO RARELY VENTURE INTO
HIGHER REP RANGES

REGULAR GYM-GOERS WHO WISH TO BUILD MUSCLE & KEEP
BODY-FAT LEVELS UNDER CONTROL

ALMOST ANYONE INVOLVED IN A SPORT THAT DEMANDS
A GOOD LEVEL OF CV CONDITIONING

MONDAY WITH MARK
6.30PM - 7.15PM

MEMBERS £4



NON MEMBERS £5