

PUNCH CARDS NOW AVAILABLE!

Kettlebell Class

With kettlebell workouts, two different actions must work together: resistance and overall body movement. The ballistic nature of kettlebell lifting creates a challenge for the muscles cardio workouts alone do not do. Kettlebell workouts will improve your cardio, strength, coordination and mental focus. Join us to have fun learning kettlebell workouts and stimulating immense metabolic activity...which equates to harder, leaner bodies

When: Mondays 9:00am, 12:30pm
Wednesdays 9:00am
Thursdays 6:00pm

Instructor: Troy Smith, B.S., ACE-CPT

Cost: Member Cost: \$110 for 6 Session Punch Card or \$20 drop-in
Non-Member: \$130.00 for 6 Session Punch Card or \$25 drop-in

To register, call State of Fitness at 517-708-8828

