



Kettlebell Classes: w/Steph & Doran

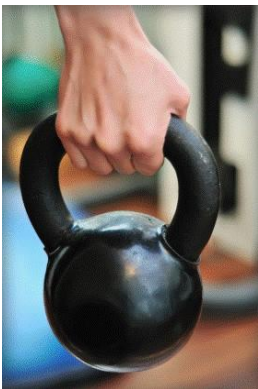


OPEN LEVEL: Learn the basics

Mondays: 7:15-8:15p

Saturdays: 9 - 10a

\$15 per class or save 20%
with a class card



INTERMEDIATE :

Experience required.
Need with permission from the teachers to join.

Saturdays: 10-11a (starting Oct 23)

\$25 per class

Limited to 10 people

New! Primitive Movement Class:

Build a foundation of strength and power using efficient, primitive movement patterns, including pushing up, bridging, planking, rolling and more to enhance performance in any activity or sport. Increase mobility, explosive movement, and core stability, while identifying and correcting asymmetries, old injuries, poor training and habits. Experience higher-level functional movement.

Fridays: 6-7p (starting Oct 22)

\$15 per class or save 20% with a 5 class card