

KETTLEBELL Class

& Personal Training

- FREE Intro Class Offered To Energy Fitness Members
- Every Tuesday at 4:30 pm
- Energy Fitness Yoga Room
- Class Size Limited to First 10 Members
- Class Pass REQUIRED from the Front Desk

**Customized To Fit Your Fitness Level,
Unlike Anything You've Ever Experienced
Strengthen. Tone. ReEnergize.**

Total Body Workout based on 5 ENERGY Systems...

Cardio • Strength without mass • Endurance • Flexibility • Mental Fortitude

Limit 2 Maximum Intro Classes Per Member • KettleBell Personal Training Available

Expect the Unexpected



Class Instructor: Jared Jessup

Kettlebell Personal Training Now Available....Call 554.7222 for details.