

Wednesday 9.15 - 10 a.m

# KETTLEBELLS

Kettlebells: for the ultimate workout! KB's have been on the agenda for some time but so far, as 1-2-1 sessions in the gym. Now we've invested in LOTS of them and can offer you all the benefits of a KB workout – they are nothing like static weights to use and very efficient at fat loss, great fun and zero choreography with fabulously motivating music to keep you going!



**TIP: TREAT IT LIKE RBT TO START WITH – THEY BITE! BUT IF YOU WANT BUNS LIKE ROCKS ... PERSEVERE!!**