

Enter the Kettlebell – Level I

What is it?

A 4 week entry level kettlebell class.

Who is it for?

This class is for those looking to learn to use kettlebells. The goal is to get familiar with the tool and learn the foundational exercises. The truth is, these drills alone are all you need to be more fit than almost everyone you know!

When?

The class is offered 6 times a week and is 55 minutes - Tuesday and Wednesday at 7pm & 8pm, and Saturday at 9:30am & 10:30am.

The Schedule:

Week 1 – swing

Week 2 – clean & half get-up

Week 3 – squat

Week 4 – press

How much?

\$120 for full access (8 hours), or \$20 a class

Where? Active Escapes