



Kettlebell Classes



- Who:** Anyone!
- What:** Kettlebell instruction and training
- When:** Scheduled upon demand
- Where:** Lifestyle Fitness Center
- Cost:** \$35 for members, \$40 for non-members
(Save \$5 each when you bring a friend)

Please call or email Jess@healthylfc.com if you are interested. Learn new exercises at each class as we focus on total body movements and correct technique using kettlebells.

“This is the workout for the 17 year old three sport athlete and the 83 year old grandmother.”

Challenging workout for any population

Bridge the gap between cardio and weight training

Reduce low back pain

Time efficient

An addicting form of exercise

Experience the real “traditional” weight training

Understand functional movement

Burn fat, lose weight, get results!



110 Vista Centre Drive #8, Forest, VA 24551
(434) 385-4900

Email: Jess@healthylfc.com