

Kettlebell Basics

BASICS

Kettlebells are one of the most popular strength training tools for toning muscles and getting anyone into shape. This introductory course will teach you the basics of Kettlebell training, safety techniques, body positioning, alignment, and appropriate starting exercises including the swing, clean and press, snatch and many more!

Space is limited to 8 so register today!



BASICS

February 1 - March 8
Thursday 5:30 - 6:30

Space is limited to 8

Program Fee: Members: \$40
Non-members: \$50

Contact Leslie if you have any questions!

Kettlebell Registration

Name: _____ Date of Birth: _____ Male/Female _____ Phone # _____
 Address: _____ City: _____ Zip: _____ E-mail: _____
 Emergency Contact: _____ Phone #: _____

I have attached a check for the registration fee.
 I would like the registration fee auto-debited from my YMCA membership account
 Yes, I give the YMCA permission to take pictures of me participating in this program

Signature _____ Date: _____ Staff Initials _____

Cancellation Policy

We understand that everyone has busy lives, therefore we will be more than willing to make refunds. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will receive the registration fee minus a \$5 processing fee. If cancellations are made **less than 7 days prior** to the scheduled start date **No refunds** will be given. If the program is cancelled due to low enrollment the full registration fee will be refunded.

