30 Minute Kettlebell

\*Please bring your Clarkson ID, a change of clean athletic shoes, a water bottle and towel.

\*No refunds on classes

**30” Kettlebell** is a unique one-of-a-kind strength-based workout which includes a generous warm-up and yoga- based cool-down, with 30 minutes of fun, yet effective exercises for every fitness level, including gradual progressions; achieving a maximum workout in a short amount of time.

Start Date: January 17th, 4-week duration

Day/Time: T & TH, 11:10-11:45am

Cost: $65, drop-in fee is $10 per class

Location: Back room of Deneka Fitness Center

Instructor: Kelly Norman

Class capacity = 15

Please click the link below to register.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  | | --- | |  | |  |  | https://mail.google.com/mail/u/0/images/cleardot.gif  https://mail.google.com/mail/u/0/images/cleardot.gif |
|  | | |

<https://clarkson.universitytickets.com/w/event.aspx?id=1761>