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.

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