

KETTLE BELL BURN

30 MINUTES

- HIGH VOLUME RESISTANCE TRAINING
- MUSCULAR ENDURANCE
- FULL BODY PERFORMANCE
- BURNING CALORIES



THURSDAYS @ 4:30-5:00PM

ADDITIONAL CLASSES MAY BE SCHEDULED BASED ON DEMAND



CLASS DETAILS

WHO CAN JOIN?

CLASS IS LIMITED TO 8 PEOPLE PER SESSION. SIGN UPS ARE WEEK-BY-WEEK, SO SIGN UP EARLY TO SECURE A SPOT



LOCATION?

**THIS COURSE WILL BE DONE @
ANYTIME FITNESS IN WEST HILLS.
YOU DO NOT NEED TO BE A MEMBER
THERE TO ATTEND THIS CLASS**

SCAN ME

WHAT'S THE COST?

**THE COST IS \$30 PER SESSION (\$1/MINUTE).
IF YOU BRING A FRIEND FOR THEIR FIRST TIME,
THEIR SESSION IS **FREE!****

**SIGN UP FOR
THIS WEEK'S CLASS**

