

Do You Kettlebell?

Be among the first to join in this exciting new program as your strength reaches new heights. The Beaverton Family YMCA personal training staff will help you step up your game by introducing you to Kettlebell. All levels of fitness are invited to participate.

Beginning sessions are 30 minutes in length and classes are limited to four people to allow the trainer to help you perfect your form and get the best, safest workout possible.

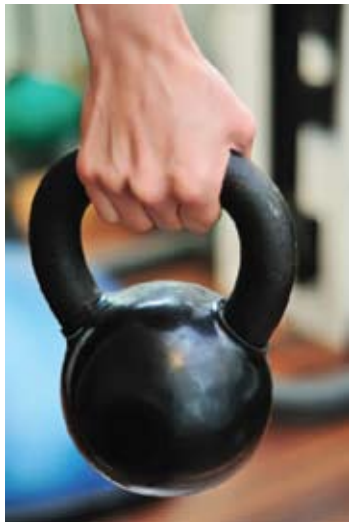
Kettlebell Benefits

- Use kettlebells and other functional fitness tools such as tubes, ropes, sliders and more
- Improve strength, muscle tone, agility, balance and coordination
- Strengthen multiple energy systems with one workout



Class Schedule

Ask the Welcome Center what sessions are currently available. Personal trainers have the flexibility to tailor class times to your needs, with two participants needed to set up additional sessions.



Monday / Wednesday	Tuesday / Thursday	Saturday
	9:15 a.m.	10:00 a.m.
	12:15 p.m.	
5:30 p.m.	6:15 p.m.	

Registration Information

Cost is \$80 for four sessions (1 per week) or \$135 for 8 sessions (2 per week).

Minimum of two, maximum of four participants per class.

Sign up now, space is limited.

See Welcome Center to register today.

For more information visit us at www.ymca-beaverton.org