

# Kettlebell Classes are being added to the regular schedule!

Interested in... **burning fat, toning muscle, and building strength** in a way that translates well to **sports, martial arts, weight training**, and has been shown to **improve overall quality of life**?



I have found kettlebells to be one of the best over-all training tools out there, and I think you will too.


What's a kettlebell? While appearing intimidating or strange at first glance, these "cannon balls with a handle" actually are the tools to a fitter you. I'll show you a variety of ways the kettlebell is used, and how you can get an intense full-body workout with just a small amount of weight.



Chris Foehl, RKC, HKC

Wednesdays  
at 7:30pm!  
Try it  
for free!



 River of Life Family Martial Arts & Wellness Center  
321 Morris Rd  
Ft Washington, PA 19034  
www.RiverofLifeCenter.com • 215-542-0102