



GRIP THE KETTLEBELL REVOLUTION

Now offered at Mawson! Our fitness instructors trained with the world- renowned Kettlebell master trainer, Shawn Mozen, from Agatsu. **If you're looking for a workout that incorporates strength training, muscle conditioning, and aerobic exercise simultaneously, then Iron Core's Kettlebell Training Program is perfect for you!**

Build strength.

- Slash and burn fat quickly.
- Increase flexibility, agility, mobility, and improve athletic performance.
- Add tone and definition to the body.
- Boost energy levels.
- Reduce stress and tension
- Get results fast for optimum fitness.

SIGN UP FOR INTRODUCTORY CLASSES (45 minutes)

Mondays 7:30 p.m.; Tuesdays 5:00 p.m.; Fridays 5:45 a.m.; Sundays 12:00 p.m.

Sessions will start the week of February 22 (30 minutes) and will run for 8 week sessions to allow participants to learn technique and to see results in a short period of time. Try it out and see what you think! See what everyone from celebrities to athletes are raving about!

