

KETTLE

BASICS



Ever wonder what those funny shaped bells in the corner of the octagon are?!

Here is your chance to dig a little deeper, add some insight and variety to workouts while creating core strength through functional movement patterns!

This intro to KettleBells is all about learning the proper form and technique to better yourself and build a stronger all around body. Strengthen your core & build functional strength throughout the entire body with a few simple movements!

Thursday, June 28 • 7:00-8:00am

**Instructor: Sean Hunt
Free to Members**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

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HOLE