



Longfellow Sports Performance Center

# ***Kettle Bell Training***

**6-Week Session**

**Fridays 9:00-10:00am  
Nov. 6, 13, 20, Dec. 4, 11, 18  
w/trainer: Jennifer Fortunato**

**Members: \$120 Non-Member: \$150**

**An Intense Strength Training Workout using Kettle bells, Body weight exercises and barbells in the Sports Performance Center. \*Please note: Class participants MUST be injury free with no history of Shoulder injuries, and already have a strength training background. \*NOT for the Beginner.**



**\*Minimum is 4 students\***

**\*Please SIGN UP & PAY at the front desk  
In the sports performance book\***