

Kettlebell 101

6-Week Session

A good house is built on a rock-solid foundation.

This introductory class will allow students to be able to safely perform many kettlebell lifting exercises that serve as the foundation for more advanced kettlebell training.



This is a great class for all levels of participants. Students can achieve a leaner, stronger and better physique while also developing more strength and power. Kettlebell 101 will change the way you look at exercise and your body!



A kettlebell is basically an iron cannonball with a handle that is used to develop extreme all-around fitness.

WSC's Keith Ciucci, a Hardstyle Kettlebell Certified Instructor will be teaching the class. Each one-hour class will include 6-10 students and will meet once a week.

Class Schedule: Starting February 18, 2012

Saturday 10:15-11:15 a.m.

Monday 7:30-8:30 p.m.

Cost: \$210 WSC Member

\$300 WSC Guest

For more information and to sign up contact Keith Ciucci at 630-690-0887 x 348 or kciucci@wheatonsportcenter.com.

