



BEGINNING KETTLEBELLS



**WEDNESDAYS
STARTING AT 3PM
IN MARIPOSA
WITH ROSS**

Learn the fundamentals of kettlebell training in a safe, supportive environment! This class focuses on foundational movements like the Turkish Get-Up, swings, presses, squats, and cleans—helping you build strength, balance, and mobility for everyday life. Perfect for beginners, we'll break down each exercise step by step, ensuring proper form and technique. No experience needed—just a willingness to move and feel stronger!

\$10/CLASS

Not Available with Monthly Class Pass

sign-up on sbhoa2.org or at the dv fitness center front desk.

 **DESERTVIEW**
FITNESS & WELLNESS

FOR MORE INFORMATION CONTACT
DESERTVIEW FITNESS CENTER AT 818-1300