



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kettlebell Instruction

**This class will teach you the fundamental skills that you need to use your kettlebells safely and effectively. We will teach a variety of skills that keep your workouts challenging and exciting. We will leave you healthier, stronger, self-motivated and self-sufficient on your workouts.**

**Sessions: June 10<sup>th</sup> – July 10<sup>th</sup>**

**Fridays: 8:30 – 9:30 am and 11:30 – 12:30 am**

**Saturdays: 8:00 – 9:00 am or 12:00 – 1:00 pm**

**Sundays: 12:00 – 1:00 pm**

## **Where**

YMCA Healthy Living Center Fitness Floor

## **Contact**

Penny Luthens, Senior Wellness Director  
515-226-YMCA penny.luthens@dmyymca.org

## **Member**

Cost: \$30 member - \$50 non member – per time slot

**YMCA HEALTHY LIVING CENTER**  
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