



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

7/11

## KETTLEBELLS

### What is it?

A Kettlebell class will burn fat and build total body strength by utilizing full-body movements, using weighted/handled kettlebells, that will increase endurance and mobility. Apply techniques developed over 300 years ago, today. Use the past to change the future!

### Who is it for?

Kettlebells is designed for individuals of all fitness levels.

### What do I wear?

Wear workout clothing such as shorts, t-shirts, and athletic shoes.

### Where should I go on the first day of class?

Come to the front desk and tell them you are here for Kettlebells class and they will direct you to where the class is being held.

### How do I register?

Drop by any YMCA Front Desk, call 436-9595 or register on line – [www.greenbayymca.org](http://www.greenbayymca.org). We accept Discover, Visa and MasterCard. See our current Program Guide for class days, times, and fees.

### Other information?

Contact:	Downtown Center	436-9667
	Broadview Center	436-9519
	West Side Center	436-9523
	East Side Center	436-1231

#### YMCA Mission Statement

We put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.