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Kay Fletcher Fitness - Kettlebell HIIT

Thursday: 20:00–20:45

Kay Fletcher FITNESS

Introduction

The kettlebell is a cast iron weight, shaped like a cannonball with a handle. The beauty of the kettlebell is it works many different muscle groups within a single workout. You take the workout at your own pace and (weight level) so it is perfect for any age and ability.

Course Notes: If you have not worked with a kettlebell before please indicate when booking your place. We can supply 4kg kettlebells if you don't have one. You have a choice of either purchasing a kettlebell, which you get to keep, or you can hire a kettlebell per session (if you wish to purchase the kettlebell after the course we will take the total hire cost off the purchase price).

Location

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Front Hall, Kesgrave High School, Main Road, Kesgrave IP5 2PB

Contact

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Kay Fletcher

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Location: Kesgrave High School - IP5 2PB