

KETTLEBELL TRAINING!



Fremont/Newark

YMCA



SATURDAYS 10:30-11:30AM

- \$40 per 4 week session for members
- \$55 per 4 week session non-members

510-657-5200

Taking sign ups now, get on the list!

Call 510-657-5200 or stop by the front desk to let us know of your interest. Get on the list!

This is a great core work out for strength, endurance, and agility.