

## **Kettlebell and Strength**

**Resistance and strength training mixed with med ball conditioning and plyometric intervals**

**October 16th – November 24th (6 weeks)**

**Monday/Wednesday/Friday 8:30–9:30am**

**2x per week \$180**

**3x per week \$200**

**Location: The Sports Barn**

**95 Drakeside Road**

**Hampton, NH**

**\$180** (2x per week) **register by October 13th, 2017**

**\$200** (3x per week)

**\$200** (2x per week) **if you register after October 14th, 2017**

**\$220** (3x per week)

**Email: [shannbamfitness@gmail.com](mailto:shannbamfitness@gmail.com) to register!**



**Strength is designed to teach you kettlebell and resistance training to develop muscle definition, build inner strength and basic plyometrics**

### **Benefits of strength and conditioning:**

- Increased confidence with body transformations
- Builds muscular definition
- Mental clarity

**Registration closes by midnight October 16th, 2017**