

KETTLEBELLS 101: INTRODUCTION

Turn Your Body Into a Fat Burning Machine!



KETTLEBELLS BURN 20 CALORIES A MINUTE!!

- 🔔 Bust a MOVE on Your Metabolism!
- 🔔 More Results-Less Time!

Special Small Group Package:

Find *at least* 4 friends to join you for \$35/each
... YOU FREE!

ALL Levels of Fitness Welcome! 😊

Candas Jones, BS, MA

Russian Kettlebell Instructor (RKC)

ACE Certified Trainer

661.993.7824

wamoski@gmail.com

<http://candywamo.blogspot.com>

Santa Clarita-SoCal

Kettlebells • Body Weight • Sandbags • Corrective Exercise

(Candas Jones, BS, MA, RKC, ACE Certified Trainer, Schwinn Cycling Instructor)

Get Fit. 🇺🇸 Be Strong.