

KETTLEBELL BOOTCAMP:

Bodyshock

"From Weezy to Breezy"



Mondays // 6 to 6:45 PM // April 9 – May 14 // Dance Studio

Kettlebell boot camp workouts are a great way to lose fat, build total body conditioning, and get into fantastic shape. Kettlebell boot camp is unlike any group exercise class you've ever been to. This boot camp will combine strength and cardio exercises for a full-body burn. It will get your heart pumping, make you sweat, and challenge your muscles. No worries – this kettlebell boot camp is sure to make you sore in places you never knew existed.

Class is included in a Carver Center membership or a \$5 day pass.
Maximum of 10 people per class. First come, first serve.

For more information, contact Manny Vega:

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