

Try Kettlebell Fitness

Beginner's Kettlebell Class

Mondays and Thursdays, 7:00–8:00 PM

Start date: Monday, February 11

End date: Thursday, March 20

Price: \$125

Location: CrossFit Seattle,
4350 Leary Way NW, Fremont
Easy parking!

Kettlebells are a fun, unique, portable piece of exercise equipment that anyone can use to get in shape—the possibilities are endless!

In each class we'll learn or review three or more exercises and then do a group workout. Plenty of kettlebells are available to use.

Questions? fran@crossfitseattle.com or
(206) 612-8464

About the trainer

Fran Mason is a certified personal trainer with an RKC kettlebell certification and a CrossFit certification, offering personal training and fitness classes. Fran found her fitness niche in CrossFit training in 2004. Kettlebells are one of her favorite training tools.

