



Eastport-South Manor Sports Association
PO Box 701
Manorville, NY 11949

WWW.ESMSPORTS.COM

Presents:

2011 ESMSA Kettle Bell Training

Monday & Wednesdays Starting October 3rd
From 7pm—8pm



\$100 for 10 week course at South Street School in the Gym

Classes instructed by Steve & Laura Stepper
Certified Personal Trainers

This class is an adult class but is open to children 14 and older.

Kettle bell fitness is part cardio, part aerobics, part weights. With Kettle bell fitness training you will develop lean, hard functioning muscle. Kettle bells work on your core. Functional core based training works on muscle integration such as those muscles you use when swinging a golf club, bat, etc. When you are strong inside, the outside will reflect it as well.

Please wear comfortable clothing and bring an exercise mat or towel.

There will be some kettles for use for the first night.

Registration will be on the first night, please come 30 minutes early to register.

All checks will be payable to ESMSA.

For questions please contact Iankessler@esmsports.com

