



Group Fitness

Kettlebells

at the Rec



Regular Workouts

Tuesdays and Thursdays from 5:30-6:30 p.m.

Complimentary with membership

Reservations can be made up to 48 hours in advance

Space is limited to 12 per class, per day

Introductory Classes

Mondays from 6:30-7:30 p.m.

Complimentary with membership

Reservations can be made up to seven days in advance at the front desk

Space is limited to 6 per class, per day

Who can attend?

Anyone who enjoys an intense workout session, and does not suffer from severe injuries that limit the mobility of the ankles, knees, hips, spine, and shoulders.

What are kettlebells?

Kettlebells are a simple fitness tool used to develop strength, stamina, flexibility, and coordination through a variety of lifts that force the entire body to work as a system.

What makes kettlebells different from traditional weight training?

The foundational kettlebell lifts are ballistic in nature, and as a result require the lifter to quickly accelerate the weight. This acceleration requires large force production, and greater strength gains.

Can those who have already taken the class attend?

Yes, previous class members can take the workout classes without taking the introductory class, but it is recommended they take the intro class to refresh their memory on how kettlebells work.

For more information, please contact the front desk at 295-2552, or bacloud5@rockwellcollins.com.