



# Vanderbilt Orthopaedic Institute

Fitness Center

## Kettlebell Basics

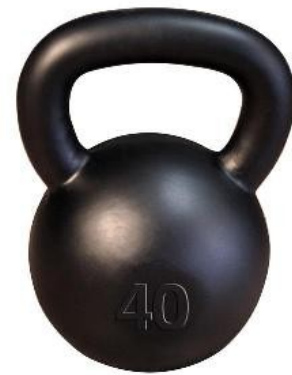
Monday's at 6:00 a.m.

Thursday's at 5:30 p.m.

Come and join the newest class at the Orthopaedic Fitness Center:

### **"Kettlebell Basics"**

This is a 45 minute class that emphasizes kettlebell training to improve strength and performance. Space is limited and the cost is \$5 per class



Kettlebell training delivers extreme all-round fitness. The unique design of the kettlebell, with a thick handle and an offset center of gravity, provide the body a different type of training stimulus that helps proper mobility and stability to move efficiently.

If you have never worked with kettlebells at our facility, you must attend a one-time kettlebell orientation. This session is also great for those who are interested in knowing more about kettlebell training and how it can help improve your workout. Orientation classes are offered four times a month at no charge.

**For more information stop by the Fitness Center Front Desk!**