

Kettlebell Workshop

Workshop Date: Tuesday, August 31st

Time: 6:00pm-8:00pm

Cost: \$20



Workshop Description:

In this workshop you will learn the basics of the kettlebell, including the benefits to overall fitness. The kettlebell is a strength tool which helps to develop functional movement, flexibility, balance, and coordination.

To register or for more information, please contact Andrea Lassiter at (434) 485-8517 or email Andrea.Lassiter@OCCVA.com



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