

# KETTLEBELL BOOTCAMP

***Tuesday and Thursday 5:30 - 6:15 p.m.***

Kettlebell Bootcamp is a four-week long, small group training program offered for members and non-members at Sanford Wellness Center. This Bootcamp consists of 45 minute-long workout sessions that include strength training and cardiovascular exercises.

**All fitness levels are welcome as we focus on improving strength, endurance, body composition, range of motion and cardiovascular stamina.**

Led by Kallie Kezar, certified Sports Performance Coach.  
Max of 8 participants will be allowed to sign up.



**Specialty classes meet 2 days per week for 4 weeks**

Wellness Center Members: \$60

Non-Members: \$80

**Discounts may be applied if not already used on memberships:**

Sanford Employees: \$20 off

Military/Police/Firefighter/Student: \$15 off

***SPECIAL: Continued Participants: Extra \$20 off!***

***Pre-registration is required***

To register, please call Sanford Wellness Center  
at (218) 683-4367.

