

One day only!

Swing workshop event *with* **Tracy Reifkind** —April 15th

Workshop Times:

7:10 am

8:30 am

9:45 am

11:10 am

Swing Workout:

12:30 pm

Join the kettlebell revolution and swing your way into a fitter, trimmer body —one you'll keep forever.

Tracy Reifkind has a self-made physique, working off 120 pounds after harnessing the extraordinary power of kettlebells!

This one hour workshop led by Tracy Reifkind will show you how to effectively swing a kettlebell and show you why kettlebell training is so effective in burning calories, building muscle, and toning the body.

\$20 Swing Workshop (*perfect your swing*)—recommended for beginners)

\$15 One Hour Swing Workout (*get ready to sweat*)

—not recommended for beginners)

\$25 Swing Workshop Plus One Hour Swing Workout

—Open to members and non-members

REGISTER TODAY at the front desk or by calling 253-835-6900

Contact Hannah Thayer for more details: 253-835-6937, hannah.thayer@cityoffederalway.com

Anyone can use a kettlebell. Whether you are a woman or a man, an athlete or a couch potato, slender or overweight, you can benefit from the Swing!



THE SWING!
TRACY REIFKIND

Federal Way
COMMUNITY CENTER
It all happens here