

Swing Into Summer

Get Fit
April 17–May 27th

Kettlebell Swing Into Summer!

LOSE THE FAT and **GET FIT** with This Revolutionary Kettlebell Program based on the book by Tracy Reifkind who lost 100lbs!

The Swing! Workout is:

- Fast
- Efficient
- Easy
- Designed for all fitness levels

This program includes:

- Instruction from a StrongFirst Kettlebell Instructor and NASM Certified Personal Trainer
- Facebook Support Group
- Weekly Emails/Newsletter
- Nutritional Guidance

6 Week Program

Mon & Wed 6:00–6:30pm, Sat 9:00–9:30am

Federal Way Community Center

876 S. 333rd. St.

Non-Member —\$165 per person

Member —\$130 per person

Course ID# 57034

Lose Weight

Get Lean

Get Strong

Get Toned!



BE STRONGER
HANNAH THAYER
PERSONAL TRAINER

