



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN FROM THE BEST

StrongFirst Kettlebell User's Course

The Rocky Mount YMCA is proud to welcome back StrongFirst Senior Instructor Betsy Collie for a 1-day intensive kettlebell user's course!

Receive Detailed, Professional Instruction in:

- The Swing
- Goblet Squat
- Press
- Turkish Get-up
- Plus valuable drills and tips for planning your workouts, improving technique, and Making continuing progress!



Sunday, January 29th, 9am-5pm, Gym

Register at: <http://www.strongfirst.com/courses/kettlebell-course/>



*Trainers:
Earn NASM
and ACE
CEU's!*

Learn:

- Safety procedures
- Essential joint mobility exercises
- Breathing techniques for strength, back safety, and endurance
- Shoulder and hip mechanics for increased strength and safety

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