

Kettlebell Training

With Melissa Nicholson

Twice the results in half the time!

The American Council on Exercise just conducted a study proving that Kettlebell workouts burn 20.2 calories per minute-double what spinning or bodyweight boot camps burn. If you want to lose weight and burn stubborn fat, there's nothing more effective than Kettlebell workouts.

Mondays & Fridays

8:15am-9:15am

Fall Session 1: Sept. 10-Oct. 1

Fall Session 2: Oct. 4-Oct. 25

Fall Session 3: Nov. 1-22 & 29

McKinney YMCA Members: \$85/per session

Non-Members: \$135/per session



300 Ridge Road., McKinney, TX 75070 972-529-2559 www.mckinneymca.org

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.
Financial assistance is available.