

KETTLEBELL TRAINING

WITH MASTER RKC INSTRUCTOR ANDREA DUCANE

SATURDAYS Noon

YogaLift Studio 4803 Nicollet Ave, Minneapolis, MN 55410
Registration: andrea@kettlebellfitness.com or 612-802-3687

MONDAYS 6:30pm

Martin Luther King Community Center 271 MacKubin St., St. Paul, MN 55102
Registration at desk or on-line at: <http://www.stpaul.gov/depts/parks/recprograms/mlk.htm>

WEDNESDAYS Noon

YogaLift Studio 4803 Nicollet Ave, Minneapolis, MN 55410
Registration: andrea@kettlebellfitness.com or 612-802-3687

THURSDAYS 7pm

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Private and semi-private lessons also available!



For more information: andrea@kettlebellfitness.com or 612-802-3687

WWW.KETTLEBELLFITNESS.COM