

KETTLEBELL

1leisure
have fun, get fit, stay fit

The Heights

Medina

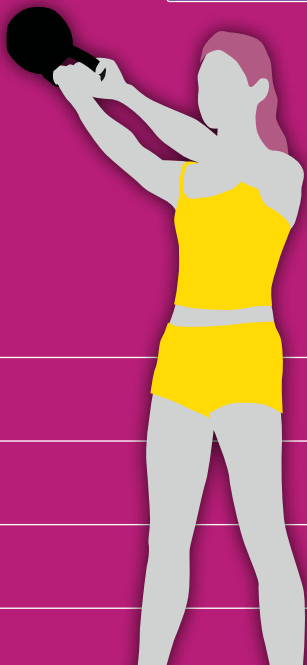
Pistol squat, swing,
Turkish get-up, windmill
and clean and jerk your
way to kettlebell fitness

**WORK EVERY MUSCLE
IN THE BODY**

**IMPROVE FITNESS,
BURN CALORIES**

**BECOME STRONG LIKE A
RUSSIAN FARMER!**

WWW.1LEISURE.CO.UK



FACTFILE

DURATION

30 MINUTES

INTENSITY

MODERATE TO HIGH

CALORIES BURNED

UP TO 750

AGE RANGE

16+

SUITABLE FOR BEGINNERS

YES

GOLD CARD

YES

SILVER CARD

NO

PRICE

Adult £4.50

WHAT

Invented by Russians farmers who used them to demonstrate feats of strength, kettlebells have become a dynamic piece of fitness class equipment. Come and master the swing, snatch, and the clean and jerk to engage the entire body at once.

FAQ'S

How fit do I need to be?

Kettlebells come in a variety of weights so the class is suitable for everyone.

WHY

Kettlebell exercises build strength and endurance, particularly in the lower back, legs, and shoulders, and increase grip strength. They also offer improved mobility and a greater range of motion.

What do I need to bring?

Bring a towel and a water bottle. Wear comfortable sportswear and trainers.

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1Leisure supports
*My life
a full life®*

one1card
have fun, get fit, stay fit

The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors with flexible payment options.