

ASTRAL Fitness & Wellness

RUSSIAN

KETTLEBELLS

X-TREME



Starting in March: Kettle Bell Small group training Classes

Kettlebells: Increase muscle strength and mental focus; develop lean muscle by training the way the Russian KGB, Mixed martial artists, and U.S. Special Forces train. Learn the secrets every one's been talking about. Ask at the front desk or call Luke the Trainer.

- * Lose weight AND burn fat- fast
- * Build lean mass
- * Tone and tighten!
- * Designed for men and women

(914) 826-0022

6-week Small Group Classes Starting Mid March!
6 A.M. to 7 A.M 3 times per week

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