

CARROLL COUNTY PARKS AND RECREATION DEPARTMENT
PRESENTS

THE KETTLEBELL CHALLENGE 2

How do you lose pounds, gain more energy and look fantastic all in one swoop?

Women-DARE to be beautiful and strong!
Men-Are you up to the Kettlebell challenge?

Imagine this..New Year's Resolution AGAIN..lose weight, get healthy, get fit...RIGHT?

How do you do that? Have you tried everything on the market with no results?

WELL here is the answer....

KETTLEBELLS

What is Kettlebells? It is an exercise program that burns fat, builds strength/toning, flexibility, rapid muscle gain, gives dramatic energy, and stimulates the heart, and just plain FUN TO DO!! A cannon ball with handles...HaHaHa!

Come check it out and start today to keep your New Years resolution.

When: Saturday, February 20, 2010

Where: Oak Mountain Park
1790 Stripling Chapel Road
Carrollton, GA
Room #3

Who: Everyone 16 years and older

Cost: FREE

Time: 11 a.m. until 12:30 p.m.

We would love to make this a weekly class and even get a competition team together. To register for the class or for more information, please call 770-830-7110 or email me at lbarrett@carrollcountyga.com