

DAHLGREN FITNESS CENTER

# FITNESS FOCUS: KETTLEBELLS

**THURSDAY, SEPT. 26, 2019**

**4:30-6:30 p.m.**

Have you always wanted to use kettlebells, but aren't sure how?  
Let our trainers show you the proper kettlebell technique  
for a great workout!



**ACTIVE DUTY | FREE**  
**ALL OTHERS | \$5**  
Open to all with  
base access.

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