

NEW YEARS RESOLUTION???

WEIGHT LOSS WITH RUSSIAN KETTLEBELL TRAINING



ACCELERATION
P E R F O R M A N C E



STRENGTHEN YOUR LOW BACK GLUTES AND HAM-STRINGS



ENHANCE CARDIOVASCULAR CONDITIONING



GAIN OVERALL STRENGTH AND ENDURANCE



TRY THE HOTTEST FITNESS TOOL ON THE MARKET HERE AT THE ACCELERATION PERFORMANCE!!

"Kettlebells are one of the quickest—and most taxing—means to peak athletic form" - **MENS VOGUE**

"For more intensity try kettlebells...it's a full body workout, aerobic and strength-building" - **TIME Magazine**

"Kettlebells, Hot Weight of the Year."
- **Rolling Stone Magazine, 2002**

TRAINING TIMES

SESSION A (12 sessions):

M-F at 6:00am– 7:15am

SESSION B (8 sessions):

M/W at 6:00pm—7:15pm

SESSION 'A' COST:

\$125 + GST /month

SESSION 'B' COST:

\$95 + GST /month

Maximum of 10 participants!

REGISTER EARLY TO RESERVE YOUR SPOT FOR KETTLEBELL TRAINING!!

For more information, please email:

info@accelerationperformance.ca

Contact info:

390 Provencher Blvd. Unit M
Winnipeg, Manitoba
R3H1O9

Phone: 204-415-6491

www.accelerationperformance.ca