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KETTLEBELL PROGRAMS

Personalized Coaching

Choose your own kettlebell adventure.

Kettlebell 101

[Register Here](#)

Designed for the complete beginner. Your coach performs a comprehensive movement assessment, and teaches basic kettlebell movements to get you fit and strong.

Kettlebell Lifter

[Register Here](#)

Designed for those who want to compete in kettlebell sport. Novice and advanced lifters are welcome. No previous kettlebell experience necessary.

2018 Schedule

*Spring Session: January 15 - May 5

*Summer Session: May 7 - August 25

*Fall Session: September 10 - December 29



ALL 3 COACHING OPTIONS INCLUDE:

- Movement Assessment
- 16-week Customized Plan
- Weekly KB Class at 7:30pm on Mondays
- Membership in CKC Private Group for unlimited support and guidance

ADD-ON OPTIONS:

- Unlimited Gym Access and/or
- 1-on-1 session at [Urban Athlete](#)

Questions? Email
info@thechicagokettlebellclub.com