

# KETT FUSION®

'Where Kettlebells meet Martial Arts'



**KETT Fusion®** came about as a result of combining Kettlebell and Martial Arts exercise techniques.

It's a unique, dynamic, toning and conditioning program using lighter kettle bells offering weight loss, strength, stamina, core fitness, cardio fitness and much, much more.

**KETT Fusion®** uses tried and tested international Kettlebell techniques and is presented in a way which makes it exciting and fun to participate in!

## Controlled and individualised for all fitness levels

# WEDNESDAYS AT 7.05 PM

Mellor Parish Centre, Church Road, Mellor, SK6 5LX



FOR CLASS DETAILS CONTACT LICENSED INSTRUCTOR

**JULIE CROSS**

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