



# Kettlebell Seminar



Learn how to use this amazing and versatile piece of equipment.

Hosted by

**Guy Noble—Senior instructor and founder member of the UKKA and 3rd dan KUGB instructor and Adrian Burton—Level 2 CHEK practitioner and UKKA kettlebell instructor from ITV's Fat Families**

**Venue to be confirmed**

**Cost £49.95**

For enquiries and bookings phone  
01423 540738 or 01282 698698

Kettlebells, DVD's and the kettlebell Bible will be available to buy on the day