



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**

**The next seminar will be on Sunday 4th March
at Esporta, Lancashire Health and racquet Club**

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