



EVOLUTION

STRENGTH & CONDITIONING

Specializing in Kettlebells & Functional Training

2010 CLASS TIMES & INFO

- Class costs:
 - \$250 for 14 class punch card
 - **NEW pricing at the new locations. Details TBA.**
- Class times:
 - Monday / Wednesday: 5:00 and 7:00
 - Tuesday / Thursday: 5:00, 6:00 and 7:00
 - Saturday: 10:00, 11:00 and 12 noon
- Come to any class you like. We recommend three times per week. Classes are approximately 60 minutes
- Class sizes are limited to 14 people so we can ensure you're lifting with proper technique



Join Now!

Beginners can join anytime:

- Workouts are modified to your fitness level
- Two instructors means we can teach you the core kettlebell moves - swing, snatch, clean, press and squat - as needed

CONTACT US:

Rod Silcox, RKC, AKC: 780-991-3273

Mike Chomitsch, RKC, AKC: 780-298-6038

E-mail: getstrong@edmontonkettlebells.com

We proudly operate out of Legends Training Centre
10581 107 St (right behind MacEwan's campus)

**FREE WORKSHOP EVERY SATURDAY
AT 1:00 P.M.**