

Russian Kettlebells

There is NO Substitute!

***Dramatically Increase your
Strength, Flexibility & Speed !***



***Classes forming NOW.
Learn the Secrets of the
Russian Athletes!***

***3-hour Workshop to be held on
Saturday, March 15th.***

***6 Week Intensive Training
Session #1 Starts March 11th
Session #2 Starts May 6th
Session #3 TBD***

***Ensure your spot,
REGISTER EARLY!***

***American Eagle Martial Arts &
X-cel Fitness Professionals***

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