**Studio 30 Presents
30 Minute Kettlebell Blaster**

**Congratulations on your choice to join The Kettlebell Fit Club!**

**Here are some important things to remember:**

* Please plan to attend the Kettlebell 101 Introduction class. Day and time should be planned ahead with Cathy.
* Bring your completed paperwork with you.
* Please ALWAYS arrive on time or even a few minutes early for your scheduled class.
* Class starts on time EVERY day with or without you.
* **Equipment: Bring your yoga mat, a towel and water each day**.
* If you MUST miss a day, let your Trainer know before that day arrives. (text or email)
* If you have an unusual ache or pain, please let a trainer know and discuss it before class starts.
* Avoid all four letter words except “Yeah!” ☺
* Give 110% effort!
* You MUST have fun!!!

**Class Schedule**:

5:30 am Tues & Thur Kettlebell Boot Camp

6:30 pm Mon**,** Tues, Wed & Thurs Kettlebell class

7:30 pm T, Th (note: the 7:30pm class has more advanced participants so please contact Cathy before attending this class.)

**Address:** 9581 Business Center Drive Bldg. 12 Suite E Rancho Cucamonga. *\*\*The Cucamonga Business Park is located on the corner of Arrow & Archibald. \*\* The building number can be found at the top of the buildings.*

**Parking:** back or front

**Tele: 909-957-2358 www.kettlebellblaster.com**