

CROSSTRAINING

with Shelby City Park at BOBBY BELL PAVILION

(126 West Marion Street)



Crosstraining challenges all fitness levels through an engaging; full body workout! The focus of this class is to help YOU evolve in your personal fitness, whether that is increasing your repetitions or your kettlebell weight. We celebrate all successes, big & small.

When: Tuesday and Thursday

Time: 5:30-6:15pm

Cost: \$12.00 Monthly (First Class Free)

Instructor: Holli Clark

Equipment used (not limited to): kettlebells, stability ball, dumbbells, jump rope

Please contact Dee Greene at 704-484-6821 if you have any questions. Men and Women are welcome. We hope to see you in class and please bring a friend!

Visit: www.cityofshelby.com/parks

