

Our Services

Kettlebell Training



Kettlebells are a great rehab and training tool. We often start clients with their spine unloaded on the Pilates reformer to train the core and as they get better, we transition them to some kettlebell training to simulate the lifting one must do in real life i.e groceries/laundry/kids! We also train clients who want to improve their fitness or sports performance using kettlebells.

Here are some of the benefits:

- **improve hip mobility**
- **Maximize your core strength**
- **improve shoulder stability**
- Help ease back pain**
- improve sports performance**
- **Run faster and stronger.**

****Kettlebell Core & Flow Level I &II:**

It's a fusion of Kettlebell, Pilates and Flow to maximize your core strength and bone density while improving your posture and mobility. Learn SKILLS and get a great work out! In the first session, there's an assessment to your current training status as well as an injury screen. This workshop will be tailored to your individual needs in a small group setting. Space is limited (max. 6) to ensure quality one on one attention.

****This is perfect for those looking for Personal Training with Quality instruction and without getting**

HURT!** . You DON'T need to be in good shape to join but you will MOVE and FEEL better after taking this workshop. We take the best from these training systems and fuse them together to give you a safe and effective workout.

****NEW: Beginner Kettlebell Foundations Workshop** SOLD OUT!!!**

September 25 at 5:30PM

We created a *Kettlebell Beginner/Foundations Workshop* for people who want to learn how to train using Kettlebells. This is a 1 day workshop on Wednesday, September 25. The workshop will run for 75 minutes. This workshop is perfect to learn the basics of Kettlebell training so you can practice at home and be ready to join our next Kettlebell Core & Flow class. Emphasis is on precision and quality of movement so space is VERY limited (max of 6). Cost is \$75 which is a great deal for a small group training with Victoria. The class is very popular and fills up quickly. Price goes up to \$99 on 9/9/19.

No cancellations or refunds however, you may transfer your registration to another person if you can't make it. Click [**HERE**](#) to book your spot! They fill up quickly!

****Train with THE ONLY RKC certified Kettlebell Instructor in San Ramon, PMA certified Pilates teacher and licensed Physical Therapist, Victoria Liu.** She trains and certifies other personal trainers in SAFE and effective Kettlebell training. Private training with Victoria would normally cost \$275/session so this is a great deal!

If you have any questions, want to know if this class is right for you, or just want to sign up, feel free to reach out at any time by emailing vliu@ironhorsept.com or calling us at **925-222-5446**. You can also sign up [**HERE**](#).

You can check out a sample of what we'll cover in the class below: