

# Happy 2-Year Anniversary, Kettlebell!



September marks two years of Kettlebell Classes with Katie Logan for South Fayette Township Parks & Recreation. To celebrate, we are offering a ...

## FREE Cardio Kettlebell Class!

**Wednesday, September 13**

**7:00 PM – 8:00 PM**

**South Fayette/Cuddy VFD Fire Hall**

Punchcard holders are free! Drop-ins are free! People trying it for the first time are free! So spread the word. It's our way of saying thanks for working out with us and encouraging others to try. No registration necessary. Just show up with your mat (and kettlebell if you have one).

Email [sfworkout99@gmail.com](mailto:sfworkout99@gmail.com) with any questions, and see you Sept. 13!



**SOUTH FAYETTE**  
T O W N S H I P

A Community Growing Together