

# #1 - 8:30 AM AT SPC KETTLEBELL LEVEL II

Building on the basics from  
our February seminar

\*SPC: Sports Performance Center



**Superior**  
ATHLETIC CLUB

## APRIL 13TH

### SATURDAY SEMINARS WITH PETER

These monthly seminars are complimentary for members, offering an excellent opportunity to ask questions and engage in hands-on learning about the topics of the month.

\*Sign up to reserve your spot!



# #2 - 10:30 AM AT CLUB II STICK MOBILITY

