

# THE **LOADED YOGA** CHALLENGE IS NOW HERE IN CROFTON, MARYLAND!

**Experience the Best Work out on the Planet**

**Grand Opening, February 18, 2017**

**Saturdays from 10am-11am and 11am-12pm**

**Edson's Strength & Wellness Center, 2411 Crofton Blvd, Unit 21 Crofton, MD**

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TIME to EXPERIENCE  
the "**Loaded Yoga  
Challenge**" and you too  
will be saying,  
**"That was the  
best workout I've  
ever felt!"**

**Why?** Because when **YOUR metabolic FURNACE  
IGNITES** and **STUBBORN FAT** is **BURNED** your body  
becomes **ENERGIZED!**

**How does this happen?** Because the **ENTIRE  
BODY** and **NERVOUS SYSTEM** is **TAUGHT** to be  
engaged in each exercise and the tool used to achieve  
this **AWESOME EXPERIENCE** is the **INCREDIBLE**  
but low tech Kettlebell.

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Marvin King RKC, NCSF, CPT has been teaching this stuff for YEARS and is  
ARGUABLY the most EXPERIENCED Kettlebell instructor in this area. He'll  
PERSONALLY be teaching this unique program to anyone who has become frustrated  
with the SAME OLD SAME OLD WORKOUTS that promise a lot but deliver little!

You KNOW WHO YOU ARE and you know what I'm TALKING about!  
But don't take MY WORD for it, see what Mary K and Andrew M have to say!

## **Mary K / Silver Spring, USA (Testimonial)**

### **Gifted teacher**

Marvin's approach to Kettlebells is a blend of East and West and has increased my functional strength right from the start. At age 59, I didn't think I'd ever last in a KB class and now, over 3 years later, I still learn new things and enjoy the class. Needless to say I'm stronger, more flexible and have better neuromuscular integration than many individuals much younger than I am - which feeds my vanity and keeps my medical costs low. I can't say enough positive things about his classes. Try a couple of classes and see for yourself!

## **Andrew M / Silver Spring, USA (Testimonial)**

### **Patience + form = results without injury**

I enjoy strength training but don't like emphasis on reps or weight over doing the exercise correctly. Marvin is all about establishing proper form first and then going up in weight and reps. He is constantly thinking of new ways to teach the body the subtle cues I need to do the exercise correctly, and he's willing to try anything. Under his tutelage, I have steadily increased the weight I'm handling without ever having suffered an injury related to his class. The strength isn't just for kettlebells, either - I'm a stronger runner, too, and in everyday tasks I can feel the difference as well. I've also lost a little weight. I feel quite good about having taken Marvin's classes and plan to continue doing so.

- Classes will be small and space is limited so book yours now.
- 2 Classes on Saturday's from 10am -11am and 11am -12pm
- \$180.00 for 5 classes 1 day / week
- One class per week is all you'll need!
- 301-651-3218 | [www.bowiekettlebellclub.com](http://www.bowiekettlebellclub.com)