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## THREE-TIME WORLD KETTLEBELL CHAMPION LORNA KLEIDMAN INTRODUCES KETTLEX IN NEW YORK CITY

NEW YORK – Three-Time World Kettlebell Champion and World Record Holder [Lorna Kleidman](#) is breaking new ground in the world of fitness as she introduces her signature **KettleX** method to New York City. Lorna is currently teaching at [The Fitness Cell Collective](#) on the Upper East Side as well as other gym locations throughout the New York metro area. With three distinct class offerings – **KettleX**, **KettleXStep** and **KettleXSport** – the innovative methods developed by Lorna impart the benefits of kettlebells in an easy to follow, comprehensive and fun format.



### **KettleX**

Thanks to the unique movement techniques involved in the KettleX program, students now have the unprecedented opportunity to experience rapid and revolutionary transformations resulting in long, lean bodies while enhancing both energy and confidence.

***Mondays at 6:30 p.m., Wednesdays at 12 p.m.***

### **KettleXStep**

An innovative combination of step movement with light kettlebells, this 50-minute class provides a fun, high-intensity resistance workout. Participants can add a riser or heavier weight as they progress. KettleXStep has been proven to burn up to 950 calories in just 50 minutes.

***Fridays at 10 a.m.***

### **KettleXSport**

Release the inner athlete with this intensive timed-drills class utilizing the classic lifts and circuit training of kettlebell sport. While the class is challenging with its focus on form, efficiency and endurance, it can be modified for all fitness levels.

**The Fitness Cell Collective** is located at 328 E. 61<sup>st</sup> St., 4<sup>th</sup> Floor (between First & Second Ave.), New York, NY 10021, (212) 988-8578. The price of a single class is \$50 and can be reserved online at [fitnesscellcollective.com](http://fitnesscellcollective.com).

**About Lorna Kleidman**

Lorna Kleidman is a three-time world champion and world record holder in kettlebell sport and the most decorated kettlebell athlete in the country. She developed the innovated methods used in KettleX as a way to bring the benefits of the bells to everyone in an easy to use, comprehensive and fun format. Lorna has been teaching individuals and group classes for the past six years. For more information, visit [www.lornafit.com](http://www.lornafit.com)

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