
Welcome to the home of one of Canada's largest Kettlebell Sport Teams

Coaches Misty Shearer and Renee Martynuik are among Canada's most accomplished lifters to date, achieving their Master of Sport in Longcycle and Candidate for Master of Sport designations in both Biathlon & Snatch under the American Kettlebell Alliance (AKA) ranking system.

Misty and Renee have worked with some of the world's best coaches and competitors to increase and diversify their own knowledge, bringing back the best practice methods in Kettlebell Sport to Team Foundry. They have been coached by and participated in many clinics delivered by the greats, including Valery Federenko, Catherine Imes, Ivan Denisov, Ksenia Dedyukhina, Anton Anasenko, Igor Morozov, and Steven Khuong (Ice Chamber).

Kettlebell Sport is growing at an astronomical rate in North America and across the world. By joining Team Foundry, you have an opportunity to be at the forefront of the kettlebell sport movement in Canada.

Small Group Training

Small group training means that members get more attention and guidance with our coaches. In all our kettlebell classes one of our coaches will be there to answer any questions and offer detailed instruction. Members training is customized and designed for their needs and goals. We also allow members to drop in and workout at their convience at any time the gym is open.

The Foundry Athletic Training Center

Our Facility

We don't have any fancy equipment but we do have everything you need for kettlebell training we have a full range of competition kettlebells, and all the equipment you need for General Physical Preparedness (GPP).

How to join our team

We are committed to your success. Part of commitment is is proper kettlebell lifting technique. Before anyone can start you attend a intensive one on one with one of our coaches to ensure you lift safely and are prepared to get the most from our unique environment. At this time we will be able to choose the best programming to help you reach your goals.



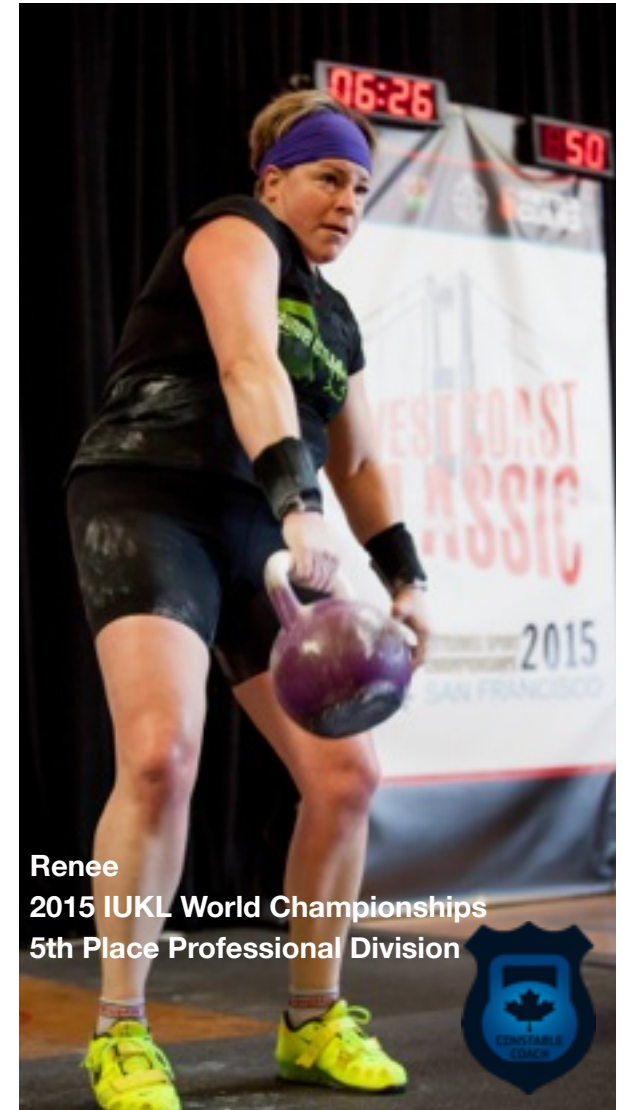
Misty
2015 IUKL World Champion
Double Gold
Amateur Snatch
Veteran Snatch

Kettlebell Sport

Classes and Training

The Foundry Athletic Training Center

4904-87st, Edmonton, AB



Renee
2015 IUKL World Championships
5th Place Professional Division

If you are looking for something different to be a part of something bigger, then Team Foundry is for you



Kettlebell Foundations

This is a required before you start our classes to ensure your success. A 1 hour session one on one with one of coaches and includes your 1st month of training \$200.

Membership

No long term contracts just a 30 day cancellation notice. Monthly fee's are \$120 this includes classes, open gym, and customized programming.



Classes

Mondays & Wednesdays - 5pm to 5:45pm

Saturdays - 8:45am to 9:45am

Open Gym

Monday to Thursdays - 4:30pm to 8pm

Saturdays - 9:45am to 12pm

What is Kettlebell Sport?

Girevoy/Kettlebell Sport is a specialized form of weight training with kettlebells that requires the athlete to work under physical and mental stress while remaining calm and even quiet to focus on energy conservation. This is more than simple weightlifting. Kettlebell sport is designed to expand our strength-endurance capacity under a sub-maximal load over time - fancy terms for moving weight in a ballistic fashion, but under control and with precision. Work every muscle in your body, all at the same time.

Kettlebells are a powerful training tool used for ballistic multi-joint movements requiring full body integration and core stabilization. Kettlebell lifting methods were designed to increase strength, stamina, and coordination by challenging our muscular, cardiovascular and central nervous systems simultaneously. This is the ultimate mind-body connection and anyone can benefit. Three main lifts are studied, dissected and drilled. They are the Jerk, the Snatch and the Long Cycle (Clean and Jerk). Supplemental exercises are also given during class to increase strength and thus proficiency in each lift.

Just starting? All exercises are taught in progression - from absolute entry level to elite lifter. No one is left out, no one is left behind