



**Russian Kettlebell Challenge (RKC) Instructor Certification
May 18-19, 2019 — Bondurant, Iowa
Training, Travel, and Hotel Information**

Thank you for registering for the Russian Kettlebell Challenge (HKC) Instructor Certification Workshop. Below you will find information about the training facility, the recommended airport(s), and a short list of recommended area hotels for those traveling to the area.

Training Location:

BrickHouse Fitness

86 Paine St. SE

Bondurant, IA 50035

<https://thebrickhousefitness.com/>

Map: <https://goo.gl/maps/77jYAj46mwz>

Host: Matt Sillanpaa

E-mail: Matt_sillanpaa@yahoo.com

Phone: (917) 426-3492

NEAREST AIRPORT:

Des Moines International Airport (DSM)

5800 Fluer Drive

Des Moines, Iowa 50321

Approx. 23 miles, or a 30 minute drive from training facility

<https://www.dsmairport.com/>

RECOMMENDED HOTELS:

Holiday Inn Express & Suites Altoona-Des Moines

165 Adventureland Drive NW

Altoona, Iowa 50035

<https://www.hiexpress.com>

(Approx. 3 miles, or a 5 minute drive to facility)

Fairfield Inn and Suites by Marriott Des Moines Altoona

450 Bass Pro Dr Northwest

Altoona, Iowa 50035

<https://www.marriott.com>

(Approx. 5 Miles, or a 7 minute drive from facility)