



Boxing Clinic

TRAIN LIKE A BOXER!!

Increase flexibility, strength, & speed

Improve stamina, coordination & balance

Learn how to:

Throw a proper punch

Workout on heavy bags

Spar with Mario

Move around in the ring



What You Will Need:

Boxing Gloves & Wraps!

Classes begin Thursday, July 15th—August 19th

5:00 - 6:00 PM

Six Weeks: \$89/Members

Sign up at the Fitness Desk

Space is limited to 15 Participants.