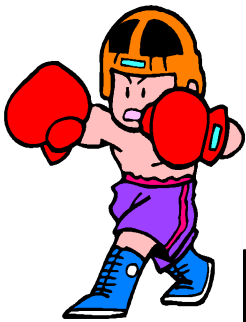




Float Like A Butterfly...

Sting Like A Bee...



Train Like No Other.

# Boxing 101

w/ Alicia and Tyrone

- ❖ Join the new fitness craze that will help you burn fat and calories, release stress, and sculpt a KICKIN' body! Class will consist of heavy bag and speed bag drills, jump rope drills, and Plyometrics exercises. Inspired for the Fitness Enthusiast!
- ❖ 1-hour duration **7pm-8pm**
- ❖ 4-week session  
**July 27<sup>th</sup> – August 19<sup>th</sup> Tuesday/Thursday**
- ❖ \$55 members/\$70 non-members

Disclaimer: The teachings of the class are not intended to be used for actual fighting purposes. The sole purpose of this course is to provide an alternative opportunity for conditioning and strength training exercising.

**Space is limited! Sign up today.**