



Cardio Boxing

This 5-week boxing class is designed for beginner as well as more advanced boxers.

Class will include a combination of shadow boxing, hitting the bag, and incorporate cardio movements such as jacks, high knees, mountain climbers, burpees, push-ups, etc.

These moves will help you increase your strength and teach you to control your heart rate. *All fitness levels are welcome.*

Maximum 12 participants. Face coverings are required for part of the class, may be removed while actively exercising and maintaining social distancing.

- Day:** Tuesdays
- Dates:** March 30 – April 27
- Time:** 5:30 p.m.
- Location:** Training Studio
- Cost:** Members \$25, Non-members \$50
- Instructor:** Addy Boettcher

Boxing gloves and hand wraps are required and can be purchased at the fitness center.

Register online or at the Member Services desk by March 25.