



# Cardio Boxing

**This 4-week boxing class is designed for beginner as well as more advanced boxers.**

Increase your strength and endurance, improve your coordination and balance. Class will include a combination of shadow boxing, hitting the bag, and a variety of high intensity/low impact exercises.

*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.*

## OPEN TO THE COMMUNITY

- Day:** Tuesdays  
**Dates:** June 1-29 (no class on June 8)  
**Time:** 5:30 p.m.  
**Location:** Training Studio  
**Cost:** Members \$20, Non-members \$40  
**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.**