

# CARDIO BOXING

4-week series. No boxing experience is necessary. All fitness levels are welcome.

**Open to the  
Community**

Increase your strength and endurance, improve your coordination and balance.

Learn basic punches and kicks and simple combinations.

Class will include shadow boxing and/or hitting the bag (optional), kicks, and a variety of high intensity/low impact exercises. Free weights and other equipment may be used.

Class will end with core work and stretching.

Class can be done with or without boxing gloves. Hand wraps or quick wraps are recommended.

Register online or at the Member Services desk, 515-226-9622.

**Day:** Wednesdays

**Dates:** October 6-27

**Time:** 5:30-6:15p.m.

**Location:** Training Studio

**Cost:** Members \$20,  
Non-members \$40

**Instructor:** Addy Boettcher