

# Core Boxing

**Tuesdays & Thursdays**  
**5:45 - 6:30am**



**Instructors: Jeannie / Mary**

A boxing class without all the athletic conditioning. This class will focus on learning boxing combinations... jabs, hooks, upper cuts, etc... along with lower body exercises and core conditioning. A lower impact version with the same amount of sweat and fun!!

**All fitness levels welcome!**

This class included in the “Plus” membership, but you must register as gloves and wraps will be assigned.

**Tues. Sept. 22<sup>nd</sup> – Thurs. Oct. 15<sup>th</sup> (4 weeks)**

**Class limited to 25 participants.**

**Registration starts Tuesday, Sept. 8<sup>th</sup>, 2009**



**Continuing on with Core Boxing, but in the water...**

**Water Bootcamp (4 weeks) Oct.20<sup>th</sup> – Nov. 12<sup>th</sup>**

**Back to dry land...**

**Core Boxing (4 weeks) Nov. 17<sup>th</sup> – Dec. 12<sup>th</sup>**