



IT'S BACK!!



BOXING

TUESDAYS & THURSDAYS - 5 weeks

MARCH 9TH – APRIL 8TH, 2010

5:15 – 6:15PM (STUDIO 1)

Registration begins Monday, Feb. 22nd

PLUS MEMBER \$10

BASIC MEMBER \$15

NON-MEMBER \$50

Instructors: Jill Wills & Jan Locken

This is your chance to train like a boxer for 5 weeks!

- ❖ **Technique & shadow boxing**
- ❖ **Speed bag and heavy bag**
- ❖ **Rope skipping and athletic conditioning**
- ❖ **Core conditioning**

