

BOXING

Description:

Develop strength, power, speed, balance, coordination and endurance. This energetic workout includes shadow boxing, mitt work, heavy bag, speed bag, jump roping and calisthenics. The two-hour sessions include a challenging cardio program, an aggressive strength/endurance session, supportive one-on-one technique training and a creative coordination enhancement -- all in one workout.

Age Range: Adults and Youth ages 8 and up

Family Fitness - Get in shape together! This class provides a great opportunity for parents and their children to work out together. Whether you're male or female, young or not so young, this class will motivate, challenge and help you reach your fitness goals.

Registration:

- Registration is required annually.
- The Boxing Participant Agreement/Waiver must be signed by all participants at the time of registration.
 - For participants under the age of 18 years, a parent or legal guardian must sign the agreement/waiver.
- The purchase of hand wraps is required as part of registration.
 - **Fee: \$10.00**



Boxing Schedule

Class	Day	Location	Time	Program Code
Boxing	Monday	Club Room	7:00-9:00pm	BOXING 1
Boxing	Wednesday	Club Room	7:00-9:00pm	BOXING 1
Boxing	Friday	Club Room	7:30-9:30pm	BOXING 1

About Our Instructor:

Our head coach, Steve Harpst has been a dedicated staff member at our YMCA for over 15 years. His knowledge of the sport and history of boxing is extensive. His passion to teach and love of the sport is clearly demonstrated in his classes. Steve gives quality attention to each and every participant that comes to the boxing class. Everyone is treated like family.



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