

"Youth PowerBoxing"



Put your gloves on and come learn boxing techniques in a safe and controlled environment. There is no sparring between participants. Fast-paced and fun, this class offers cardio conditioning, hand-eye coordination, muscle toning, balance, footwork, plyometrics, discipline, and self-confidence.

Demo class Thursday 12/29 9:30-10:30 AM

Sign-up at Front Desk

9 spots available

Ages 8-15

