

Boxing Classes

Box-N-Bags



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Mondays – 9AM

Wednesdays – 5:30PM

Thursdays – 4:30PM

Fridays – 5:30AM

Learn great boxing technique with Stacie.

This class is great for your abs and safe for your back and shoulders.

Classes are low impact and high intensity. If you have been on a plateau with your workouts, try Box-N-Bags and rev up your metabolism.

Gloves are required and are sold in the pro-shop for \$25.00 per pair.