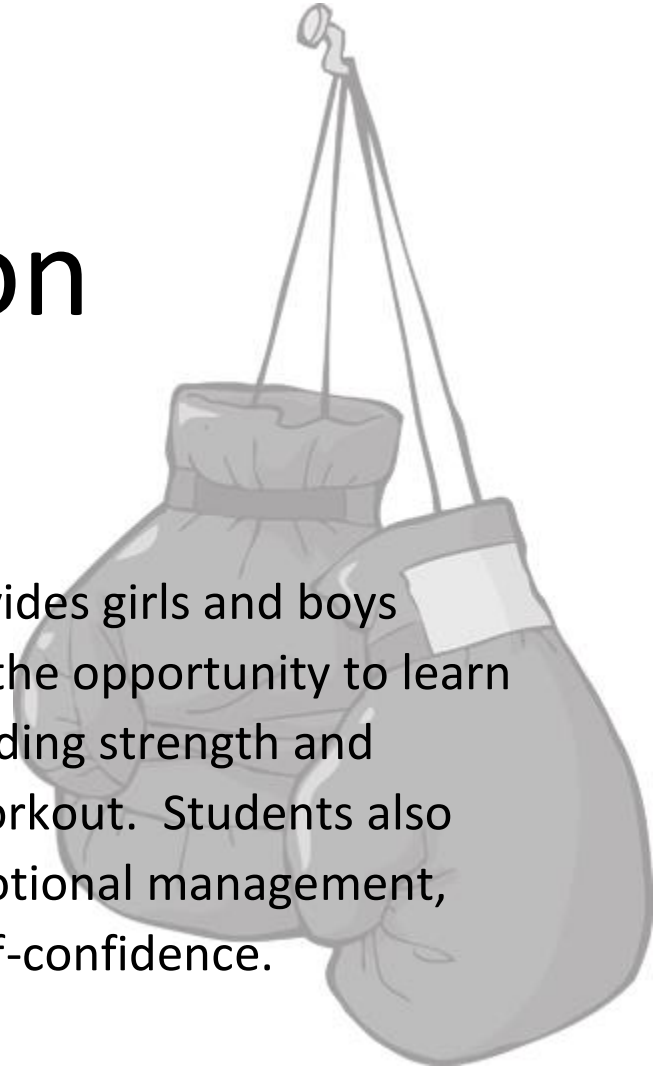


Boxing Club: Youth Division

Our Youth Boxing Program provides girls and boys between the ages of 8-17 with the opportunity to learn boxing fundamentals while building strength and endurance in this fast-paced workout. Students also learn valuable life skills like emotional management, discipline, mental focus and self-confidence.



Classes are an hour long and accommodate youth of all skill and fitness levels. Boxers work on conditioning, core strength, footwork, shadow boxing, partner work and heavy bags. All are welcome!

SATURDAY MORNINGS – 10:30 a.m.

