

# Boxing for Juniors

## Description

This is a beginner level group clinic that works on footwork, conditioning, defensive moves, punches using the heavy bag, speed bag and focus mitts. Students must wear boxing gloves and wraps. Students should provide their own gloves.

**Participants** - Children, Ages 8 - 12

**Location** - All Sport Health & Fitness

**Instructor** - Fred Rosa

**Day & Time** - Saturdays, 11:00am - 12:00pm



## 1st Fall Session

September 21 - November 2

### Fee (7 Weeks)

Family Plus - \$42

Child of Member - \$84

Non-Member - \$105

## 2nd Fall Session

November 9 - December 21

### Fee (6 Weeks)

Family Plus - \$36

Child of Member - \$72

Non-Member - \$90

For more information or to register call/visit the Program Desk.

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health & fitness

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