



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Open your mind and the
courage to try your best;
Donna will teach you how
to master every move!

BUILD, BURN, AND BURST

SMALL GROUP TRAINING: BOXING

w/ CERTIFIED INSTRUCTOR DONNA SMITH

Cardio circuit boxing is hands down full-body boxing workout that changes your body, clears your mind and spirit. Learn how to properly throw a jab, uppercut, and various combinations.

BUILD fundamentals of a true boxer's workout, to **BURN**, strengthen and tone your core, back, arms, and legs, and **BURST** with powerful addictive endorphins.

WHEN:

SEPTEMBER 10TH-
OCTOBER 29TH

TIME:

SUNDAYS 11:30-12:30PM

COST:

8 WEEK SESSION

\$100 MEMBERS

\$120 NON-MEMBERS

LOCATION:

GROUP FITNESS ROOM/MPR

QUESTIONS:

845-338-3810 x103

Register in advance at
the membership office!

Circuit/Rounds:

3 minute- dynamic warm-up

45 minutes- boxing circuits
(3 minutes of official rounds,
series of punch combinations on
a heavy bag, jump ropes, one-
on-one pad work, agility work,
and ab/core work)

5 minute- cool down

What to
bring:

- Wraps
- Boxing
gloves
(optional)
- Water and
towel

