



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD STRENGTH & CONFIDENCE

BOXING WITH LARRY JONES

Learn proper step by step technique and form with Coach Larry Jones. Classes will include agility, coordination and stamina strengthening, heavy bag work and pad training, This is a 9 week series. Great for all levels.

If you have your own gloves and wraps please bring to class.

Limited to 5-10 participants. Ages 15+ are welcome!



Dates: Sept. 12th – Nov. 13th

Times: Sunday 3:15pm – 4:00pm

Location: Aerobics Studio

Instructor: Larry Jones

Price: Family/Adult Member \$75 for 9 sessions

Youth Member \$75

Non-Member \$105