



4 Week Mini-Session!

Hit IT!

A Heavy Bag Boxing Workout

You asked for it! and here it is!!
A calorie burning, cardio workout
with boxing gloves and heavy bags.



Work out your aggressions!
Work into that desired body!
Work out in a whole new way!



Taught by Personal Trainer
Jane Kennedy (center)

Meets once a week for 4 weeks

Tuesday 7:30-8:30pm

Meets: 10/5, 10/12, 10/26 & 11/2

Cost: Member \$49 Nonmember \$59

Can't make all sessions? Drop in as your schedule allows:

Drop in fee: Member \$20 Nonmember \$25

Class size is limited. please register early

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The New
Spa 23
Health & Racquet Club