



Real Boxing Real Results

WINTER Session

Led by Pro-Trainer
Tim Rajkumar



**Great for
Men & Women**

Boxing provides great exercise for anyone! The key is an experienced trainer leading the Group in order to get RESULTS! This 6 week Circuit training program is run in a group Environment, It combines heavy bags, speed bags, And boxer training. This 60 minute class will get Your heart pumping, burn calories, and give you One of the best workouts you'll ever experience. Register now, as the class size is limited. Bring your own gloves and wrist wraps.



**Tim is a Spa 23
Certified Pro-Trainer
And has over 4 years
Of Boxing Training
And fighting experience**

Wednesday 8:30-9:30am

Begins Jan. 18

Saturday 7:00-8:00am

Begins Jan. 21

Meets once a week for 6 weeks

Cost: Member \$89

Nonmember \$119

**Train 2 times
a week and SAVE**

Both classes:

Member: \$159

Non-Member: \$219

Drop in Fee: M \$20

Nonmember \$25



381 Rt. 23 Pompton Plains, NJ 07444
973-839-8823 www.spa23.com