

Hit IT!

A Heavy Bag Boxing Workout

Workshop



Taught by Personal Trainer
Jane Kennedy (center)

Tuesday April 13th
7:30-9:00pm



Work out your aggressions
Work off the winter weight
Work out in a whole new way!

This is a calorie burning, cardio workout with boxing gloves and heavy bags. Get Ready for Spring, kick up your regimen With this great new workout!

Cost: Member \$29 Nonmember \$39

Class size is limited, please register early

The New
A
Spa 23
Health & Racquet Club

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