



# Real Boxing Real Results

Great for  
Men & Women

Led by Pro-Trainer  
**Tim Rajkumar**



**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.**

**Friday 10:45-11:45am**

**Course #135A Begins January 21**

**Saturday 11:00-12:00noon**

**Course #146 Begins January 22**

**Meets once a week for 6 weeks**



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

**Cost: Member \$89 Nonmember \$119  
Drop in Fee: M \$20 Nonmember \$25**

**Spa 23**  
Health & Racquet Club

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