

It's our namesake for a reason; this is the class where we introduce the general public to the health benefits of training like a "fighter" but without having to worry about getting hit. This class is a mix of boxing and strength & conditioning. Beginners get a quick run through of boxing technique, footwork and how to properly train on a heavy bag. The main portion of this class is broken out similar to a boxing match, with 3 minute work rounds and 1 minute rest periods.

During each 3 minute round you will have the option of working on your boxing (whether it be on a heavy bag, speed bag or hitting focus mitts 1-on-1 with a trainer in the ring) or taking your gloves off and doing one of several sets of strength & conditioning stations we have set-up for that class. These stations use a wide array of equipment such as battling ropes, kettlebells, sledge hammers, tires, sled pushes, body weight exercises, etc.

If you've ever said to yourself, "I wonder what those fighters do to get into such great shape" then this class will introduce you to the way they train.

Fitness Boxing Classes run 4 times per week:

Mondays at 6:00pm

Wednesdays at 6:15pm

Thursdays 6:00pm

Saturdays 10:00am