

Class Overview

Written by Administrator

Sunday, 15 January 2012 17:09 - Last Updated Thursday, 24 September 2020 17:54

WHAT TO BRING:

Ideally you should bring a water bottle (CFB does also have a water fountain and we have water for sale) and a towel for drying off between rounds. You should wear comfortable exercise clothes and athletic shoes. We have hand wraps and boxing equipment for beginners to use. We also sell hand wraps, which most members purchase when they return for their 2nd class. Due to COVID-related restrictions we do not currently offer loaner boxing gloves other than your first time, after that you must have your own gloves. We have gloves available for sale at the gym and the average price is \$40.

FITNESS BOXING:

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 the concussions. You'll learn the basics of boxing then put them to use on our heavy bags or hitting the punch mitts with a coach in the ring. We work hard to keep these classes fresh and keep your body guessing, elements of kickboxing, mma, wrestling, pilates, weightlifting, etc. are...

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STRENGTH TRAINING:

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Full-body strength & conditioning using dumbbells, kettlebells, body weight and many other tools in a cross-training format to get your metabolism stoked, shred fat and build muscle.

[Read more...](#)

KIDS' MMA:

Kids' MMA is for kids ages 5-12 and contains elements of boxing, kickboxing, takedowns and grappling. Classes are broken out into conditioning days, technique days and sparring days. This class has a belt promotion system similar to traditional martial arts and teaches the value of sportsmanship and honor.

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HIGH SCHOOL BOXING TEAM:

The Cincinnati High School Boxing Program (CHB), one of only two official high school boxing programs in the country, was established in 1996 at Moeller High School before moving to Cincinnati Fitness Boxing in 2010...

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UNIVERSITY OF CINCINNATI BOXING CLUB:

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The University of Cincinnati Boxing Club is a student ran club sport and is open to all UC students. The team was started in 2011 by UC students who had previously competed on CFB's High School Boxing Team. CFB is located less than 2 miles..

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