

Boxercise is a fun and upbeat exercise routine for all skill levels

Learn "real boxing" techniques from the former #1 world ranked boxer

HAROLD BRAZIER

NON-CONTACT SELF DEFENSE, FOOTWORK, COMBINATIONS, CONDITIONING IN AN AEROBIC WORKOUT WITH WHOLE BODY HEALTH COACHING

Special rate for SBCSC employees with membership enrollment

5 classes a week plus a guided meal plan

\$5.00 per walk-in class or \$25.00 monthly membership

Classes are held weeknights at 5:00pm and 7:15pm

Onsite Electronic Enrollment Payment Options: credit/debit & check