

BOXING CONDITIONING CLASS

with Duane Knight

*First Session
Starts in June!*

*Don't Miss
This Dynamic
Class!*

This dynamic conditioning class will teach you the fundamentals of boxing along with bodyweight conditioning & footwork from our Personal Trainer, Duane Knight who has an extensive background in personal training, boxing, Karate, and MMA training. Hand held boxing pads will be used during the class & each participant will purchase their own wraps & gloves through The Trails by contacting Gina 303-269-8409 or on their own. You will be amazed at the results you will see from this class!

Fee per session: \$68 D/\$88 ND (8classes)

Tuesdays & Thursdays 8:00-8:45 am

Class #: 468

