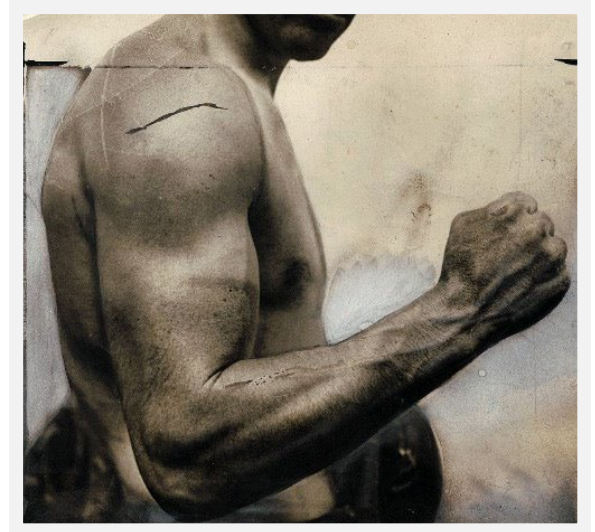




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST BEAT IT

STRENGTH, STAMINA, SKILLS Fighting Shape ROCKY MOUNT



Train like a fighter, burn up to 600 calories per hour! Learn striking fundamentals along with classic kick-boxing training drills including jump rope, bag work, partner drills**, focus mitts, medicine ball work, calisthenics, and SAQ work, in timed rounds. ***All partner work is non-contact, no sparring involved*

Days and Times

- Intro Session: May 16-30: Wednesdays, 8-9am, Gym, \$20
- June 6-27: Wednesdays, 8-9am, Gym, \$30
- July 4-25: Wednesdays 8-9am, Gym, \$30
- Register for all three sessions up front, pay \$70
- Register for June and July up front, pay \$50

Recommended Personal Equipment

Boxing training requires protective equipment for the hands:

- Hand wraps, 180 inch recommended
- 12-16 oz. boxing gloves
- Having your own jump rope (speed rope style) is encouraged
- Thai shin guards may be useful if you are new to kicking a bag

