



HEART RATE PERFORMANCE BOXING

FREE TRIALS JUNE 26th - JULY 2nd

Only 4 spots available per class!

Boxing paired with top of the line heart rate monitoring technology will give you the **ULTIMATE** workout. These classes are for **ALL LEVELS** of boxing/kickboxing abilities. Our highly trained instructors will guide you through a 60 minute small group workout, emphasizing proper form and technique while incorporating high intensity cardio, strength, and boxing elements, all while tracking your heart rate.

Only ONE FREE TRIAL per member- reserve your spot today- they will fill up FAST!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:00 AM			
10:00 AM	10:00 AM		8:00 AM	9:00 AM	8:30 AM KICKBOXING	
						1:00 PM
5:45 PM	5:45 PM	5:45 PM	5:45 PM KICKBOXING			

CALL SHELLEY AT 601.856.7757 TO SCHEDULE TIME- ONE FREE TRIAL PER MEMBER



STACK
SPORTS PERFORMANCE TRAINING