

B-FITBOXING

Non-Contact Boxing | Kickboxing | TRX

A Fitness Club with Punch



Kids Power Punch Check it out!!!!



Develop your child's physical and mental conditioning through the sport of non-contact cardio boxing

Kids Power Punch

7 – 12 years old



Shadow boxing, sit-ups, jumping jacks, stretching, jogging, calisthenics, lunging and squats. Tag, jump rope with partners, and other interactive high energy games.



Rounds on the boxing bags, hand-eye coordination exercises and moving drills.



Core conditioning exercises using different props followed by a cool down period.

****No sparring against peers will take place within the Kids Power Punch as the goal of the program is optimal endurance without physical contact that causes injuries.****

Healthy Kids = Healthy Adults

Non-contact Cardio/Boxing not only develops individual minds to think, analyze and react quickly but enhances hand-eye coordination which is key to good health; thus developing a healthier lifestyle that will be transferred into adulthood. By allowing your child to be exposed to an active disciplined environment enables them to mature individually. Cardio/Boxing not only allows them to socialize and participate in a group environment; but demands and maintains a high degree of discipline and focus.

Starts: Sat. Apr. 7th, | Time: 12:15 - 1:00PM

Duration: 10 Classes | Price: \$140.00 | Drop-in Class: \$15.00