

Boxing for Balance



Boxing for stability, strength and senior fitness.

Stay active and confident in this low-impact boxing class tailored for older adults. Guided by our expert instructor, you will move through boxing-inspired workouts that focus on balance, strength, and cardio training. You will also engage your mind with coordination drills designed to support memory, focus and reaction time. This supportive, energizing class helps improve overall fitness and keep you moving with confidence.

Session dates

Sept. 2 through Oct. 23

Days

Tuesdays and Thursdays

Time

12:30 p.m.

Location

Human performance area

Cost

Members \$199

Non-members \$249

For more information or to register, please visit the Member Services desk.



**PROHEALTH WEST WOOD
HEALTH & FITNESS CENTER**