



NEWBURGH, NY

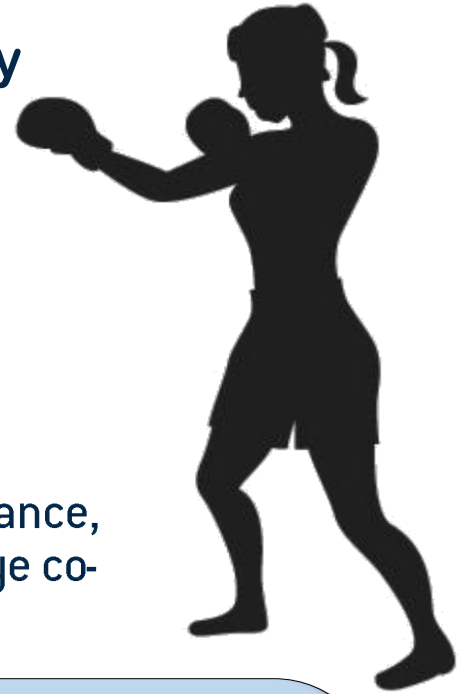
BOXING

Skills Workshop

Learn the same boxing skills used by professional boxers:

- Offense
- Defense
- Mitt Work
- Speed Bag Drills
- Full Range of Boxing Skills

Benefits: Fitness, conditioning, stamina, endurance, coordination, speed, balance, improved hand/eye coordination, improved reaction time, confidence.



4-Week Program / 2 sessions per week
\$200/participant (8-person max)

MONDAYS & WEDNESDAYS

9:30 - 10:30am (*Beginners*)

Runs March 11 - April 3, 2019

TUESDAYS & THURSDAYS

9:30 - 10:30am (*Level 2*)

Runs March 19 - April 11, 2019



Presented by MARTY HIRSCH, former boxer and trainer of hundreds of Am-Pro boxers. With over 30 years of experience, Marty is currently the senior coach and trainer at the Floyd Patterson Boxing Club.