

# onehealthclubs

## boxing class descriptions

**BOXFIT:** Torch calories in this high-energy, fast-paced boxing workout. Rotate with your team from the heavy bag to the floor with simple but hard-hitting combos and calisthenic exercises. Finish the class with the ultimate upper body & core shred. This class is for all levels, no boxing experience is necessary. Bring your own gloves.

**BOXING - 50 MINS:** Develop outstanding training techniques with our team of experienced boxing coaches. Challenge your strength, stamina, agility, reflexes, and more in this 50-minute traditional boxing class. If you're looking for an invigorating workout glove up to learn footwork, hit the bags, perfect your combos, and have fun! Bring your own gloves.