



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BOXING FITNESS

Mondays & Wednesdays 4:00–6:00 pm

Program encompasses footwork and dodging movements, for the legs and jabbing for the upper body. Overall, boxing will help increase your stamina, strength flexibility and coordination.

Free for Y-Members

NOT A MEMBER? If you are not a Auburn Y Member but you want to participate in our water or group exercise classes you can do that by purchasing a guest pass. Guest passes are available at the Member Services Desk and are only \$10. This pass will give you full access for one day to all the activities the Y has to offer.

Following equipment is needed for class:

- 1 set of wraps 108" for Women and 180" for Men
 - 1 pair of gloves 14oz for Women and 16oz for Men
- Equipment can be found at Dick's Sporting Goods**

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