

**JAB, CROSS, HOOK, UPPER CUT....**

**CARDIO BOXING**  
**SMALL GROUP TRAINING**  
**w/ Santo Harris**

**Experience INTERVAL TRAINING,  
BASIC BOXING COMBINATIONS,  
COORDINATION / AGILITY / FOOTWORK  
& MILD WEIGHT TRAINING.**

**Benefit from this unique fitness regime for weight loss,  
gaining strength, or to simply keep active & try something  
new!**

**\*\*BONUS\*\* ALSO INCLUDES:**

- 1) A private 15 minute consultation pre-session**
- 2) Weigh in & BMI/Body Fat% calculations pre & post-session**
- 3) Basic nutrition guidelines**



**TUESDAYS & THURSDAYS 7:30-8:00am**  
**JUNE 19 - JULY 12**

**TWO Sessions per week for 4 weeks**  
**(8 sessions total)**

**COST: \$99 MEMBERS / \$109 NON-MEMBERS**

**MUST register in advance by JUNE 15<sup>th</sup>**

**BRING: WATER & TOWEL. HAND WRAPS WILL BE SUPPLIED**  
**CONTACT SANTO 845-443-1164 for specifics**