

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 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

7:00-7:30am AND/OR 7:30-8:00am

AUGUST 7 – AUGUST 30

**TWO or FOUR Sessions per week for 4 weeks
(8 or 16 sessions total)**

COST for 8 Sessions: \$99 Members/\$109 Non-Members

COST for 16 Sessions: \$169 Members/\$179 Non-Members

MUST register in advance by AUG 3rd

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