

# BOXING

*Spring Semester 2019*



## **Dates:**

Mondays & Wednesdays  
Feb 4 – April 10  
*(exception dates  
March 11 and 13)*

## **Time:**

5:00pm - 6:30pm

## **Location:**

Martial Arts Studio

## **Pricing:**

Student - \$85  
Member - \$90  
Non-Member - \$100

**Register at Member Services or online at [rec.siu.edu](http://rec.siu.edu)**

With an emphasis on the “boxer’s workout”, you can expect to get into the best shape of your life. Participants will learn the basics of boxing stances, punches, defenses, and strategies. The benefits include an increased sense of confidence and over-all fitness, while teaching you some strategies of self-defense.

1 pair of bag gloves is included in the registration fee.