

# THAI BOXING

## Dates:

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

## Time:

6:30pm - 8:00pm

## 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)**

Utilizing the Eastern fighting style of Muay Thai Kickboxing, this class incorporates punching bags, gloves, and ropes to develop physical strength, endurance, and confidence. It will also relieve stress, improve muscle tone, and burn up calories. All participants given a pair of bag gloves (included in price)