

KEY BISCAYNE COMMUNITY CENTER

presents

BOOMER BOXING

for Adults ages 55+

Designed for women and men of all fitness levels, this specialized workout combines bodyweight exercises, speed training, and muscle memory to improve hand-eye coordination, sharpen your brain, and build total-body strength. Great for exercisers with joint or bone issues.



Classes taught by
Alexandre Furtado
Certified Boxing Trainer



*ADDITIONAL SENIOR FITNESS PUNCH PASS CLASSES

Yoga for 55 & Older

Mondays, Wednesdays & Fridays
8:00—9:00 AM Oasis Room
Instructor: Kerstin Eskeli

Boomer Boot Camp

Tuesdays & Thursdays
11:15 AM—12:15 PM Dance Studio
Instructor: Marilyn Myles

*Passes are non-transferable, non-refundable and
can only be used for designated classes.*

WEDNESDAYS

11:00 - 11:50 AM

Starting January 8th!

Oasis Room, 2nd Floor

Members: \$48 per 8-punch pass*

Non-Members: \$58 per 8-punch pass*



SENIOR FITNESS PUNCH PASS REQUIRED! SEE FRONT DESK FOR INFO.