

KEY BISCAYNE COMMUNITY CENTER
NEW ADULT FITNESS CLASS!



FUNCTIONAL BOXING

for ages 15 yrs & older

Designed for women and men of all ages and fitness levels, this high-intensity workout combines boxing, cardio and equipment-based exercises. You'll burn calories while you strengthen your muscles, sharpen your reflexes and focus your mind. The use of 14-ounce boxing gloves, wrap and jump rope is mandatory. Pre-registration at the Front Desk is required.

THURSDAYS
7:00 – 8:00 PM
Oasis Room, 2nd Floor



Session 1 **August 1-29** (pro-rated 5 classes)
Session 2 **September 5-26** (4 classes)
Session 3 **October 3-24** (4 classes)
Session 4 **November 7-21** (pro-rated 3 classes)
Session 5 **December 5-19** (pro-rated 3 classes)

Member Fee **\$60 per 4-week session or \$20/class**
Non-Member Fee **\$72 per 4-week session or \$24/class**