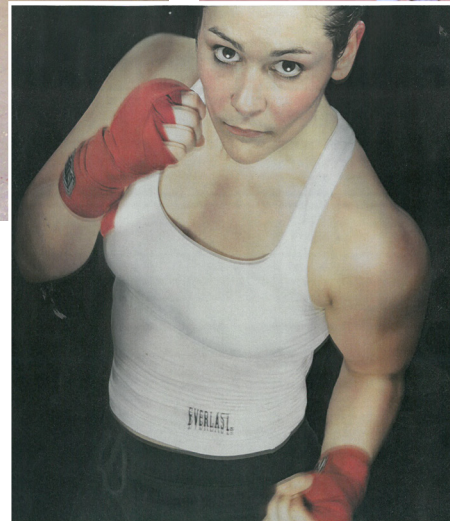


Boxing Circuit Class



Wednesdays
6am – 6:30am
6pm – 6:30pm
Instructor: Bill Miller
TRX/Boxing Room

**Jump Ropes, Heavy Bag, Shadow Box,
Mitts and Speed Bag, 16 Oz. Gloves And Wraps Required**
Full Body Workout! Free with membership!

Sign up on Turboroster
maximum class size - 6 people

Worcester JCC

633 Salisbury Street, Worcester

Web: worcesterjcc.org

Phone: 508.756.7109 • Fax: 508.754.3373



For more information:

Elaine Drawbridge

Fitness Director, x 230

edrawbridge@worcesterjcc.org