



# White Plains Family YMCA & Westchester Boxing Club

## Non Contact Boxing

Start Date: Mar. 2, 2009  
Time: Mon. 6:00-7:00am  
Thurs. 6:00-7:00am

- Real Boxing Techniques
- Endurance
- Tone Muscles
- Cardio Circuit
- Weight Loss
- Non-Contact



We build *Strong Kids,*  
*Strong Families*  
and *Strong Communities.*



For additional information and Frequently Asked Questions, click [HERE](#) for our Boxing brochure.

**Boxing will bring your workout to the next level by incorporating traditional boxing moves with jumping rope to enhance your aerobic workout.**

**For hygienic purposes we require buying your own gloves, wraps, and jump ropes.**

### Price:

	Once a Week	Twice a Week
Members:	\$72	\$130
Program Member:	\$80*	\$145*

### Class schedule:

Mondays	6:00-7:00am
Thursdays	6:00-7:00am

Equipment needed: Gloves (\$50) , jump rope (\$20-\$30), and hand wraps (\$10)

White Plains Family YMCA  
250 Mamaroneck Ave  
White Plains, NY 10606  
Phone: 914-949-8030 ext. 206  
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E-mail: [kvelez@ymca-cnw.org](mailto:kvelez@ymca-cnw.org)  
[www.ymca-cnw.org](http://www.ymca-cnw.org) or  
[www.westchesterboxingclub.com](http://www.westchesterboxingclub.com)

**FREE GLOVES & HAND WRAPS!**

# 60.00 Value

**FIRST 30 PRE-REGISTRATIONS!**

White Plains Family YMCA

Tel 914-949-8030 Ext. 206

e-mail: [kvelez@ymca-cnw.org](mailto:kvelez@ymca-cnw.org)



Spring I Session

**ONLY**