



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 recommend

buying your own gloves, wraps, and jump ropes.



WHITE PLAINS FAMILY YMCA & WESTCHESTER BOXING CLUB

250 Mamaroneck Ave
White Plains, NY 10605

Phone: 914-949-8030 ext. 206

Fax: 914-949-8419

E-mail: kvelez@ymca-cnw.org

E-mail: nick@keeponpunching.com

WHITE PLAINS FAMILY YMCA & WESTCHESTER BOXING CLUB

Non-Contact Cardio Boxing Circuit:

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



WE BUILD STRONG KIDS,
STRONG FAMILIES AND
STRONG COMMUNITIES

Contact:

Kenia Velez

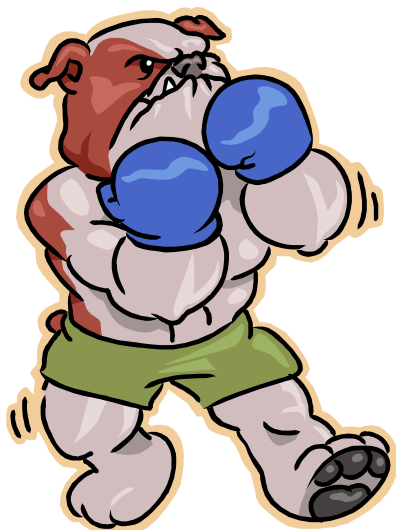
914-949-8030 ext. 206

Nick Delury

914-329-6287

Nicky “Knuckles” Delury is the head boxing instructor, bringing his unique professional boxing expertise to this great facility. He is here to teach men, women, and children,

You learn heavy bag, speed, and double end bag, punching, shadow boxing, rope skipping, footwork exercises round by round.



SPECIAL

Pre-registration offer: Free pair of gloves and hand wrap (\$60.00 Value).

“First 30 registrars”

See front desk for further information or speak with Kenia Velez.

Pre-registration forms must be completely filled out.

Limited participants: 30 Maximum

Minimum Participant 6 to run class.

Price:

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

Class schedule:

Mondays 6:00-7:00am

Thursdays 6:00-7:00am

Equipment needed: Gloves and hand wraps (May be purchased directly through instructor/head coach)

*Program members: a program membership is require to participate in class \$5 per month (Due at sign-in or at beginning of class \$60)

Frequently asked questions:

- Q. How long will it takes for me in shape?
 A. Many factors determine the time it takes to get in shape. Consistency is the key to timely results.
- Q. Am I too old/ young to participate in this program?
 A. This workout is designed for men, women, and children 16+.
- Q. Will I get bulky or too muscular?
 A. No. This workout is a perfect balance of cardiovascular, muscle strengthening, and toning exercises.
- Q. Will I get injured?
 A. Absolutely not. This non-contact workout utilizes hand wrapping techniques under proper supervision.
- Q. Is this an aerobic class?
 A. This is a boxing circuit. Each person works out at his/her own pace with individualized instruction at no extra charge.

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