

# JOE LOUIS BOXING PROGRAM

## TUESDAYS & THURSDAYS

McVeigh Sports & Fitness Center  
2160 Liggett Ave. at Lewis Main  
Call 253-967-5869 for more info.



### MORNING TRAINING SESSION

9-9:30AM: Introductory session

9:30-10:30AM: Advanced group  
session

### EVENING TRAINING SESSION

5:30-6PM: Introductory session

6-6:30PM: Beginner session

6:30-7:30PM: Advanced group session

**INTRODUCTORY SESSION**, learning boxing basics, is **required** for all new participants in order to attend beginner and advanced group sessions.

**BEGINNER SESSION** is group instruction on basic boxing combination moves utilizing heavy bags, focus mitts & circuit stations.

**ADVANCED SESSION** incorporates Muay Thai, advanced striking combinations, foot work, resistance and high-intensity interval training (HIIT).

