

BOXING 101



Join Certified Personal Trainer, Sean Hunt, at The Swimming Hole for a fun, cardio driven, workout while learning the basics of Boxing!

Learn to utilize:

Different Stances/Footwork • Protection/Defense • Striking/Basic Combinations

This class will get your Heart Rate up and keep it there! Join us for 45 minutes of sweat, cardio, and fun with a new activity this Spring! No experience necessary!

This 6 week class will get you in fighting shape just in time for the summer!

BONUS! – Stop by TSH on Tuesday, March 24th from 8:00-8:30am or Thursday, March 26th from 5:00-5:30pm for a FREE Learn2Box session with Sean! No Sign-Up Required!

Tuesdays • 7:15-8:00am
March 31-May 5

Instructor: Sean Hunt • \$100 members / \$120 nonmembers

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

