



Boxing Classes

8-Week Session

1 hour classes

Class Size: 3-5 students

**Tuesdays & Thursdays
6 a.m. & 7 p.m.**

***Boxing is great for weight loss,
core fitness, strength, endurance,
agility, and speed!***

**All Boxing Classes taught by
WSC's Golden Glove
Boxing Instructor
Jimmy Walker!**

***Jimmy's Bio and class content are on
back of card.***

Cost: \$235 WSC Members
(Gloves & wraps are additional)

**To sign up, contact the
Fitness Dept.
at 630-690-0887 x 450**



Each class or lesson includes:

Circuit Training
Speed Bag
Heavy Bag
Focus Mitts



Class Format Varies:

Couples
Privates

Lessons for students ages 5 and over! Jimmy will customize lessons to fit the individual goals of the student.

Jimmy Walker is a 2008 Golden Glove Boxer and is currently training for the 2012 Golden Gloves. He has been amateur boxing for six years with a record of 8-1. Jimmy has been teaching boxing for 3 years.

He brings his infectious personality and his love of boxing to each class.

Stop by the Fitness Desk to learn more about how boxing can make a difference in your workout goals.