

INTRO TO BOXING



Lace 'em up! Step into the ring for a private boxing session with a certified coach. Leave the machines behind and put a little punch into your fitness routine. Discover the thrill of hitting the bags, launching an uppercut, and learning the right way to throw a wicked hit. Work on proper technique and achieve your best form under the guidance of an industry pro. A guaranteed knockout - boxing is a great way to test your reflexes, challenge your mind, and burn ridiculous amounts of calories.

- Meet your boxing coach at the gym and begin your training with a warm-up session
- Learn boxing basics including correct stance, standard punching combinations, and essential defensive/offensive techniques
- Workout with a series of boxing exercises that include conditioning, pad work, bag work and sparring
- Leave with a new appreciation for one of the world's most difficult sports and a free pass to a future group lesson

Your Gift Locations*

Washington, DC

Availability

Year round, 7 days a week

Duration

60 minutes

Essential Information

Minimum age is 10 years old; participants must complete a waiver (by parent/guardian for those under 18) and should be in good physical condition; children under 13 must be accompanied by a parent/guardian

Numbers

Private experience for 1



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