

## GROUP INTRO TO BOXING



Get ready to rumble! Put a little punch into the party with a group introduction to boxing. Slip, hook, and jab your way to a stronger leaner body – and have fun with your friends in the process! Work on proper technique and achieve your best form under the guidance of a certified coach. Round for round, pound for pound, it's the toughest workout in town! Invite up to 10 of your friends and meet your boxing coach at the gym

- Begin your training with a warm-up session and learn boxing basics that include correct stance, standard punching combinations, and essential techniques
- Work through 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 free passes to a future group lesson

### Your Gift Locations\*

Washington, DC

### Availability

Year round, 7 days a week

### Duration

90 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 up to 10



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-01-3789-A