



Boxing Personal Training/ Mitts Training

We now offer one-on-one boxing personal training! Boxing personal trainers can help you establish a solid boxing foundation while getting a great workout hitting mitts.

The cost is \$40 per hour. Small groups up to 4 individuals are also welcome (\$10 each). For more information, contact Jen Richard at richard@ymcaswin.org.



YMCA Mission Statement: The YMCA of Southwestern Indiana Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.