



Boxing Fundamentals with Lewis Williams



Learn the basics of boxing in a supportive and inclusive environment, under the guidance of an experienced coach.

Step into the ring and unleash your inner beast!

Learn: Proper stance, footwork, basic punches, and defensive techniques

Build: Strength, agility, and coordination

Engage: In dynamic drills and exercises

Enhance: Your physical fitness

Cultivate: Discipline, focus, and self-confidence.

Whether you're a novice or looking to refine your skills, Lewis's dynamic sessions are appropriate for all levels. Schedule your training today.

Fee: Six Half-Hour Sessions: \$240/Member | \$300 Non-Members

**For more information and to register contact
Lewis Williams at 410.684.4229**