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# TEEN Boxing Program



## AGES 14-17

Personal Training Studio | Rosenbloom Owings Mills JCC

Teens build confidence, discipline, and athleticism through the sport of boxing in a safe, supportive environment. Focus is on proper boxing fundamentals, including footwork, coordination, balance, speed, and overall fitness, while emphasizing respect, teamwork, and self-confidence.

**OPEN EXCLUSIVELY TO JCC MEMBERS.**

**FREE DEMO CLASSES:**

Monday, July 13 or  
Wednesday, July 15

6:30-7:30 pm

Limited to first 6 participants

**BUY 6-Sessions at a Time**  
Mondays & Wednesdays

6:30-7:30 pm

Starting July 20

**\$210/6 sessions**

(each day is considered a session)

To reserve your spot for the Demo or to purchase a training package, contact Lewis at 410-684-4229.