



BOXING 4 BALANCE



Active Older Adults - Coed
Wednesdays, October 7-November 11
Noon – 1:00 pm
Weinberg Park Heights JCC – Karate Studio

Boxing and balance go hand in hand. In this six-week class, you will improve your strength, flexibility, cardio endurance, and of course, balance. Certified personal trainer and USA Boxing Coach Inbal “Innie” Neun will be your guide. All abilities are welcome, and seating accommodations are available.

Training limited to six participants
Fee: \$210/person. JCC Members only

REGISTER AT
jcc.org/Boxing-4-Balance

For questions or registration support, contact Denard Smith
at dsmith@jcc.org | 410.500.5921 or Marcie Koteen | 443.802.5517.