



***Join us on the 2nd  
Saturday of each  
month at 10:00 am***

Boxing drills, techniques, and exercises proven to improve mobility, strength, stability, coordination, and more!!

- ✓ **Circuit-based workout**
- ✓ **All equipment provided -  
Bring water and towel**
- ✓ **Space is limited -  
reservations required**
- ✓ **Benefitness membership  
not required**

**ALL LEVELS WELCOME**

**\$20** /Session

**50% Discount for  
Benefitness Members**

**GET STARTED**

**Call to reserve your  
spot today**

**623-584-0065**

**ROCK STEADY SATURDAY**