

Boxing Conditioning

About the Class

Workouts will combine boxing fundamentals and conditioning training. Conditioning circuits will consist of body weight exercises only (known as HIIT). Sam's focus will be on Three Predominate Categories: Physical Training - providing students with techniques that will help and expand their coordination, balance, and endurance. Mental Training - helping students to adapt better problem-solving skills, self-confidence, self-control, and focus. Discipline of combining both mental and physical training - boxing provides fundamentals of patience, respect, and determination.

Meet your instructor Sam

Sam is a former GMAA multisport student-athlete who graduated from John Rennie High School. She has over five years experience as a coach and trainer. She was an amateur boxer for over seven years, but she has been an athlete for her entire life. Exercise and sports are not only her passion but also the foundation of her lifestyle. She believes that the structure and success boxing can bring to people's lives is priceless.

Equipment Required

Equipment: Towel & water bottle

Space: Minimal space (approximately 2 meters)

SPORT. EDUCATION. PRIDE.

RSEQ

GMAA

