

# Fit & Active with the AcadeMir Boxing Team!

**With Coach Stephen Plante**

When you join the AcadeMir Boxing Team, you're embarking on a FUN and FRIENDLY journey towards self-discipline, physical fitness, and team building!

You will learn: • Strength & Conditioning, • Basic & Advanced Striking, • Defense, and • Supporting your Teammates!

1. \$20 Registration Fee (ALL student boxers must have Proof of Insurance)

2. \$75 per month

3. Classes held Wednesdays and Fridays from 4pm to 5pm

