

Senior Boxing

A program for all fitness levels – will be adapted for all levels



Total body workout that works every major muscle group

Improves core strength, balance, stamina, and overall health

Engages brain and coordination with boxing combinations



(Boxing45 consists of a 7 minute warmup, 8 rounds of boxing at 3 minutes each and then a 7 minute core strength work out)

Sign up at the Senior Center – call the Senior Center with any questions

(508) 229-4453

Program will be held at Title Boxing at Apex Center

43 A Apex Drive Marlboro

Monday and Wednesdays at 10:00 for 6 weeks beginning the week of April 3rd

Suggested donation is \$60 which breaks down to \$5 per class

Must pay for the entire session which includes both Monday and Wednesday

If anyone has any financial concerns and would like to participate please see Pam

Use of equipment is included

*commitment for this program is for both Monday and Wednesday

*This is a grant funded program through the Office of Elder Affairs

The normal charge for this program would be \$180.

Friends of Southborough COA

-Reminder-

If you have not yet renewed your 2023 membership to the Southborough Friends, please stop by the Senior Center to continue your support.



Thank You!

