



COMMUNITY SPORTS
BCBA
 EST. 2004
 ★ **TRAINING CENTER** ★
WE'RE IN YOUR CORNER | BCBA.INFO



ADULT MEMBERSHIPS

Basic Adult Membership Includes

- ▶ Basic Boxing Coaching
- ▶ Cardio Boxing Workouts
- ▶ Get Fit Not Hit Program
- ▶ TABATA Workouts
- ▶ OPEN GYM USE
- ▶ M thru F : 6:30PM-10PM
- ▶ MORNING HRS MWF (Hrs Subject To Change)
- ▶ \$35 1-on-1 PT Sessions

3 Month Adult Membership
ONLY \$150

Month To Month Adult Membership

ONLY \$75

Two for One Monthly Membership
When You Join with a Friend!

Walk-In & Train
ONLY \$10
(Try Before You Buy)



(631) 412-3686 | 800 Chettic Ave. | Copiague, NY | BCBA.info

BCBA is an ALL VOLUNTEER nonprofit organization (Community Boxing Center, Inc.) devoted to providing quality sports and fitness programs to the community in which it operates. Since 2004 BCBA has been serving Long Island's youth by providing them with a clean, safe and structured facility that offers well-rounded programs designed to give kids the skills they'll need to become Champions In Life! Your support of BCBA and its programs is essential for it to continue doing the great work it does.