

Get Fit



Not Hit



**BUILD CHARACTER
BUILD SELF-ESTEEM
BUILD CONFIDENCE**

Get Fit - Not Hit[®]

With Our Exclusive Power Hour Boxing Circuit Workout

Group Class
Tue. & Thur.
7pm to 8pm

**WARM UP
STRETCHING
AB WORK**

**L'S ONLY
12 ROUND
BOXING
CIRCUIT
WORKOUT**

Train Solo
Mon. thru Fri.
5pm to 7pm

**12 ROUND
BOXERS
WORKOUT**



**only
\$50*
Per Month**
Walk-Ins Welcome \$15
Must Bring Towel, Yoga Mat,
Gloves & Wraps
GLOVE/WRAP COMBO
AVAILABLE - ONLY \$20!



***\$50 Monthly fee based on 3 month commitment.
Month to month membership fee is \$75.**

**The Perfect Workout For
Men | Women | Best Friends | Husband & Wives**

BCBA is a nonprofit organization (Community Boxing Center Inc.) devoted to doing good works in the community in which we operate. We function solely on the generosity, contributions and participation from the private sector.

Since 2004 we've been serving our community by providing local youth a clean, safe environment that offers well-rounded programs designed to give them the skills they'll need to defeat their future challenges. Your participation in any of our adult programs helps BCBA provide FREE gym memberships to our local youth.

For More Details Contact BCBA

(631) 412-3686 · 104C N. Clinton Ave. Lindenhurst, NY

TapYourInnerChampion.com