

BEGINNERS BOXING CLUB



Starting Monday, Oct 5th
Allegany Community Center



For ages 9—16 6:30pm in the Arena (mezz)

Come to the community center each week Monday and learn how to box! We will cover footwork, body/head movements, how to throw punches and how to counter punches

It's a great workout and a lot of fun!



Allegany Community Center
3677 Administration Drive
Salamanca, NY 14779
(716) 945-8119

