

EYE OF THE TIGER

BOXING CLUB



Eye of the Tiger Boxing Club is registered with Amateur Boxing Federation.

Boys, Girls, Men and Women (8yrs. & up)



WHAT BOXING TRAINING CAN DO FOR YOU :

Do I have to box to get in great shape?

The answer is NO: just go through the training

What will I get out of training?

1. You'll lose weight
2. Tone your great body
3. Great cardio conditioning
4. Self-control
5. Learn Offence
6. Learn defense
7. Work out stress
8. Build self-confidence
9. Strengthens your whole body
10. Work out your mind and body

Call 631.428.7635

STOP BULLYING!!!