

1852 ROUTE 541 (MT. HOLLY ROAD), WESTAMPTON, NJ 08060



COACH KUZ BOXING TRAINING



COACH KUZ OFFERS INDIVIDUAL LEVEL 1 BOXING LESSONS FOR BOYS AND GIRLS OF ALL AGES. LEVEL 1 BOXING IS NON-CONTACT WITH NO SPARRING AND TEACHES ALL BOXING TECHNIQUES AND FUNDAMENTALS WITH A STRONG EMPHASIS ON SELF-DEFENSE. THE STUDENT WILL TRAIN LIKE A BOXER AND DEVELOP ADVANCED SKILLS USING THE COACH'S FOCUS MITT TECHNIQUE TO ACCELERATE THE LEARNING PROCESS.

THE STUDENT WILL NOT ONLY ATTAIN AN ENHANCED FITNESS LEVEL BUT, EQUALLY AS IMPORTANT:

- SELF-CONFIDENCE
- IMPROVED SELF-ESTEEM
- EYE-HAND COORDINATION
- AGILITY
- QUICKNESS
- RESPECT AND DISCIPLINE

THESE HELP PERFORMANCE IN ALL OTHER SPORTS ACTIVITIES AND BUILD A STRONG FITNESS FOUNDATION. SO PUT ASIDE THE VIDEO GAMES AND GET THE KIDS UP OFF OF THE COUCH TO LEARN ONE OF THE MOST DEMANDING PHYSICAL ACTIVITIES. OF COURSE CLUB BLUE ALSO OFFER PERSONAL FITNESS TRAINING FOR MEN AND WOMEN AND CHILDREN OF ALL AGES. PERSONAL TRAINING INCLUDES NUTRITIONAL GUIDANCE AND SUPPORT TO HELP YOU REACH YOUR FITNESS AND WEIGHT GOALS.

**SO CALL COACH KUZ TODAY AND GET STARTED! FREE
INTRODUCTORY LESSONS – BRING A FRIEND AND SAVE**

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