

# NORFOLK

150 PARK AVE.  
NORFOLK, VA 23510  
**(757) 823-1180**

## BOXING CENTER

### BEGINNER BOXING

For ages 7 & up, girls/boys, men/women

This 10-week class focuses on stance, straight line & circle movement, and four basic punches.

5:00-6:00pm M / TU / W / TH

Norfolk residents: \$50 Non Norfolk: \$75

### INTERMEDIATE BOXING

For ages 7 & up, girls/boys, men/women

This follow-up of Basic Boxing is 10-week class that focuses on circular movement, pivoting, and basic defense.

5:00-6:00pm M / TU / W / TH

Norfolk residents: \$50 Non Norfolk: \$75

### LITTLE WARRIORS

For ages 6-7, girls/boys

This 10-week class focuses on introductory boxing & fitness fun.

5:30-6:30 pm Fridays only.

Norfolk residents: \$20 Non Norfolk: \$30

### CARDIO-BOXX

For ages 15+. This 10-week class combines strength training & vigorous boxing conditioning.

12:00-12:45 pm M / W / F

Norfolk residents: \$35 Non Norfolk: \$50

### WARRIOR-FITT

For ages 15+. This 10-week class combines strength training & conditioning in a fun, tough atmosphere.

6:45-7:30 am TU / TH

Norfolk residents: \$35 Non Norfolk: \$50

### ANNUAL PASSES

#### FITNESS PASS

For ages 15+.

Includes Use of fitness area between 6:30am-2pm (box 12-2) M-F

Norfolk residents: \$60/year

Non Norfolk: \$125/year

#### TEAM NORFOLK REGISTRATION

Competitive amateur boxing team.

For ages 8-40. girls/boys, men/women.

4:00-8:00 pm M-F

Norfolk residents: \$10

Non Norfolk: \$50

### ONE-TIME PASSES

#### PERSONAL TRAINING/ PRIVATE LESSONS

For ages 15 & up (Personal Training) /  
5 & up (Boxing).

One-on-one training designed to achieve your fitness, aerobic, strength, and/or boxing goals at a time of your choosing.

6:30 am-2:00 pm M-F

\$30/hour

#### TEAM BUILDING / CAMPS

Directed boxing / fitness session designed to provide a fun, challenging fitness & boxing session(s).

For ages 8+ girls/boys, men/women.

6:30 am-2:00 pm M-F

\$5/person/hour

***Champion in the ring,  
champion in life.***