Please read: Our number 1 concern is the safety of the members, staff and our friends and family.

Please abide by these recommendations from USA Boxing, and refer to federal, state and local guidelines daily for any important changes.

Jump Rope Area

- Wipe down jump rope handles before use
- Maintain social distancing of at least 6 feet
- Use a personal towel to dry your body often
- Use your own personal rope when possible
- Use disposable gloves when possible and do NOT touch your face
- Deposit any used cleaning materials and disposable gloves into a trash bin
- Sanitize your hands before moving onto the next station
- Take your water bottle and gym bag with you to the next station

USA Boxing®