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.

SHADOWBOXING

- Maintain Social distancing of at least 6 feet
- Use a personal towel to dry your body often
- Wipe down any areas that you or your possessions may have touched
- Use hand sanitizer before you move to the next station
- Take your water bottle and gym bag with you to the next station