



Conditioning
Boxing Mechanics
Footwork & Proper Movement
Punching Combinations
Defensive Techniques
Controlled Sparring Sessions

Beginners Boxing Training Class

Monday & Wednesday, 6-8 p.m.
\$50 per month
Adults & Ages 14-17 Welcome
Instructed by Robert Perez
Certified by US Amateur Boxing Inc.
For more info, call 671-2401

**Fitness
& Sports**

LACKLAND AIR FORCE BASE
FORCE
SUPPORT SQUADRON