



Exciting New Class!

Instructor Juan Silva has been boxing since the age of eight. He has trained at the Wild Card Boxing Club and other gyms all over Southern California.

He is proud to bring his amateur boxing expertise to Big Bear Valley Recreation and Park District.

Classes are on Tuesdays

\$25 per month

\$7.00 drop in fee

Children: 8-15 5-6 pm

Adults: 16 and up 6-7 pm

At the Meadow Park Gym

The Gym is located at:

41220 Park Ave.,

Big Bear Lake.

**For more information call
909-866-9700 or register
online at**

www.bigbearparks.com

STARTING February 11th

Sign up today!



This non-contact boxing fitness class will focus on: heavy bag, speed bag, shadow boxing, mitts and more. We will teach you how to wrap hands, skip, shadow box, punch a bag correctly, combo pad work, boxing drills, skill and foot work.

Wear your work out clothes, and bring hand wraps and boxing gloves.

(Locally available at Big 5)