



# **the club** for Fitness

## **Boxing with**

**Coach Cody Judge, B.S., NSCA-CPT**

### **Skill Building**

- ◆ **Athletic Development & Performance**
- ◆ **Muscular Strength & Endurance**
- ◆ **Fat Loss**
- ◆ **Hand Wrapping**
- ◆ **Punching Technique**

**Every Tuesday  
and Thursday**

**5:30—6:30 PM**

**\$12 Drop-In**

**Or**

**\$10/Class If You  
Pay For A Month!**

### **Youth Classes Available!**



**Saturdays**

**10:00 AM**

**Ages: 8-15**



**Contact us for more  
details!**

**707-839-2582**

**[cjudge@thecluboncentral.com](mailto:cjudge@thecluboncentral.com)**