

ATTENTION ALL ROCKY AND BOXING FANS

Jacob's Ladder Fitness and Medina Creative Lifestyles are partnering to provide a 5-week boxing course for people with and without disabilities.

When

EVERY SATURDAY IN MARCH,
beginning Saturday March 2.
10am-11am

Where

Creative Living Lifestyles
Wellness
Center, 3076 Remsen Rd.,
Medina, Ohio 44256

Focus

Learning the basics of boxing;
stance, punches, footwork and
combinations, conditioning.
NO SPARRING.

Cost

Text Tony at 440 225 2365
or email at tdorazio@att.net

Sign up

\$85 for 6-week session. Go to jacobsladderfitness.com and press "donate" for PayPal. Or, use Venmo @JLF-Dorazio.

Jake D'Orazio, a certified boxing trainer for people with special needs, will lead the "Basics of Boxing." Jake will be assisted by his dad Tony D'Orazio, also a certified boxing trainer.

