



2001 Municipal Court
Harrison City, PA 15636
(724) 392-4555

Mon-Fri, 9:00am-4:00pm
www.ptarc.org
Facebook.com/ptrecreation

Questions? Call us, we're here to help!

**REGISTER ON-LINE
ON OUR WEBSITE:
WWW.PTARC.ORG**

INTRO TO BOXING

Ages 18 & Up

Punch your way through this beginner boxing class! Work up a major sweat hitting the heavy bag all while learning the 6 basic punches and some fundamental footwork. This non-contact class is great for anyone who wants a killer strength building, frustration relieving, cardio workout!

Instructor: Adroit Athletics Instructor

Location: Adroit Athletics

145 Evergreen Road in Level Green

Time: Thursdays, 6:30-7:00 pm

Dates: April 13-May 18

Fee: PTSD Residents \$59

Non-Residents \$67

Limit: 8 Participants

