



**JOHN
ANDRIACCO
BOXING**

BOX & BUILD

**4 WEEK CLASS
ON THURSDAYS @
3700 SOUTH HIGH ST
ROOM 825**

- ✓ **Thursday, October 30 5:00 - 6:00 PM**
- ✓ **Thursday, November 6 5:00 - 6:00 PM**
- ✓ **Thursday, November 13 5:00 - 6:00 PM**
- ✓ **Thursday, November 20 5:00 - 6:00 PM**

**Staff MUST use their
CCS email to sign-up**

SIGN UP →

**ALL FITNESS LEVELS
ARE WELCOME!**

CLASS DESCRIPTION:

Unleash your inner fighter and build strength in this high-energy, full-body workout. Box & Build combines fun, simple boxing combos with dynamic strength training to help you burn calories, build muscle, and punch your stress away! Modifications will be provided.

Attend one or all classes in the series.



MEET YOUR TRAINER & MORE INFORMATION



**HEALTHY BODIES
ACTIVE MINDS**
COLUMBUS CITY SCHOOLS

Hello,



COLUMBUS CITY SCHOOLS!

About J.A.B.



My name is John Andriacco (Boxing), and I am a fitness boxing trainer serving Columbus, Ohio. I have 10 years of training experience and boxing has long been a passion of mine. I've trained people of all fitness & skill levels who are looking to improve their physical & mental health through boxing! So, I will continue to serve my community each & every day by doing what I do best!

Class details

Open to ALL fitness & skill levels!

A 60-minute, low-impact workout, consisting of basic punch combos and various strength & cardio exercises. We will start with a dynamic warm-up, followed by a brief explanation of specific punches & movements, which will lead into a fun, high-energy, full-body boxing workout! Exercise modifications will be provided, so please choose your challenge!
Items needed: water, sweat towel, & yourself!

Boxing benefits

- It burns fat & a high number of calories
 - It improves body composition
 - It develops core & joint stability
- It increases cardiovascular health
 - It improves mental focus
- It improves hand-eye coordination
 - It boosts self-confidence
- It promotes improving at a skill
 - It reduces stress
 - It enhances mood
- It is FUN & EMPOWERING!

