



PUNCH FITNESS



DROP IN RATES

\$10/CLASS
With CCS ID
boxing gloves
provided at no
additional cost

NEW MEMBERS ONLY

\$25/ 30 DAYS
Unlimited
boxing classes
with purchase of
gloves

SINGLE OR FAMILY BOXING

\$75/MONTH
Unlimited
\$10 per each
additional family
member. Limit 4.



ABOUT THE CLASSES

One-hour boxing fitness classes burn calories with invigorating strikes. At cardio hip-hop boxing, students punch in time to hip-hop beats for an intense, rhythmic workout. Boxing and kickboxing sessions aim for a full-body burn with fast-paced jabs, weightlifting, plyometrics, and core exercises that bolster posture. Children can also practice their air-crushing punches during classes designed for 4-15 year olds, which aim to develop coordination and strength of character.



MEET THE TRAINER

As a former collegiate football player on scholarship, **Corey Logan** knows firsthand the importance of physical fitness. He decided to put this knowledge to use by coaching others on athletic fitness and weight loss, earning his ACE and NASM personal training certifications and opening Punch Fitness. He strives to bring the same explosive energy that he used on the field to his boxing-themed classes and one-on-one sessions. Corey cultivates a demanding yet non-judgmental atmosphere, pushing for fast-paced punches while at the same time respecting the learning curve of each client.



CLASS SCHEDULE, LOCATION AND MORE

Web: www.punchfitnessohio.com
Phone: (614) 440-2068
Email: chieflogan@punchfitnessohio.com

