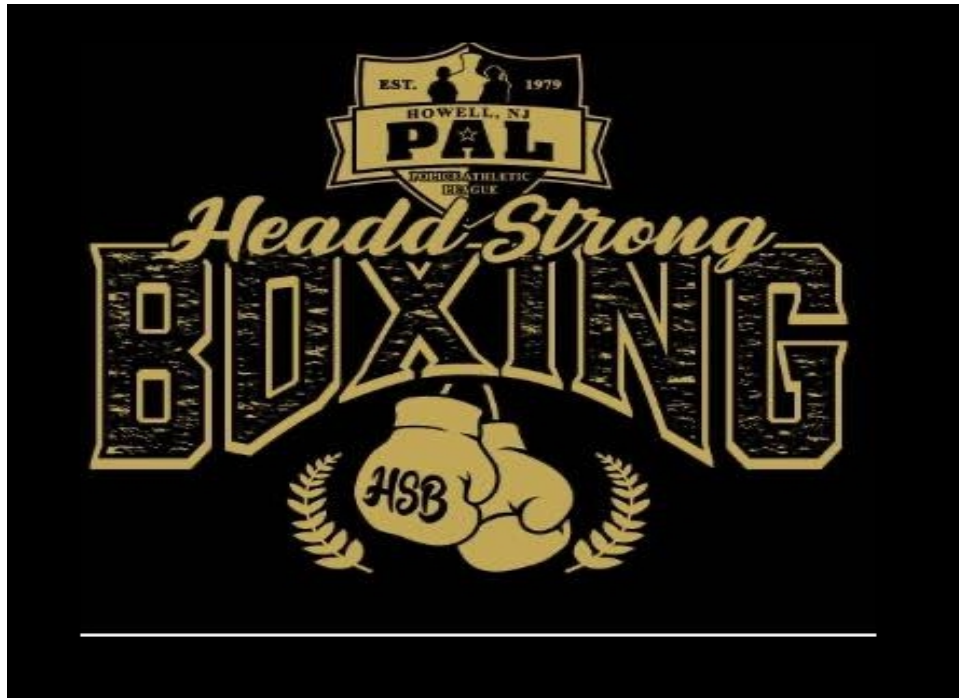


## Senior Boxing Program at the Howell Senior Center



Seniors will have the opportunity to maintain their fitness by learning a skill at the same time. Coach Nathan Headd will be leading this new and exciting program. The program will start off with an introduction of their boxing stance, head movement (bobbing & weaving), learning how to use affective foot work to move around, and different punching combinations. They will be introduced to a great deal of hand and eye coordination drills and will have the opportunity to apply what they learned on the boxing catching mitts. With the boxing mitts they will focus on the numbered punches & numerous combinations that they learn throughout the session. Each session after they will use the punch combinations they learned previously to shadow box (throw punches in the air and move while doing so). This program is essentially good to add as a daily cardio session to increase stamina and ensure a healthy heart while having fun in the process. For those that have already taken boxing with Coach Headd, you will be able to continue to practice and branch off on what you learned.

Classes will run from Tuesday, June 20<sup>th</sup> -Tuesday, August 15<sup>th</sup> at the Howell Senior Center from 1:00-2:00pm.

Registration starts on Tuesday, June 13<sup>th</sup> by calling ext. 2561.