

# WELLNESS WEDNESDAYS

# VIRTUAL BOXING CLASS

**5 – 5:30 p.m., Wednesdays**

Are you looking to keep up with your New Year Resolution, but need the motivation? Join our Wellness Wednesday boxing class.

This boxing class is open to all fitness levels. You will experience a fast-paced, high-energy, action packed cardio workout designed to get you in shape and help you reach your fitness goals fast! Instructors utilize agility, boxing combinations, FUNctional training that will propel you into shape while giving you a bit of self-defense.

Classes are led by an experienced fitness instructor, who brings a strong level of enthusiasm, leadership and responsibility to their task. Participants will end each class with a sense of pride and accomplishment.

All SD Nights Wellness Wednesdays events are free for youth ages 10-18.

Wear comfortable clothes and supportive shoes. Boxing gloves are not required.

---

**This class is free but spots are limited. Register in advance.**

---

**Info/RSVP to Carl McCullough  
at 619-961-0159 or  
[carl.mccullough@sdcounty.ca.gov](mailto:carl.mccullough@sdcounty.ca.gov).**



SD Nights – short for San Diego/Safe Destination Nights – is a FREE program developed by the County of San Diego Department of Parks and Recreation designed to provide teens, ages 10 – 18, with safe places to recreate after school, during critical hours.