



Halyard '44



NEW Boxing Instruction

**May 3rd – May 27
Mon. – Thurs
6:00–7:30PM
BFIT Room**

**Punch Cards:
10 Classes
\$50/Members
\$100/NonMembers**

**Bring your
own gloves**

Halyard '44 Boxing Club will offer exclusive classes taught by well-trained coaches. The club will teach the fundamentals of boxing, including proper stance, punches, timing and agility as well as how to properly defend yourself.

Come learn the sweet science!

