



Winona Family YMCA

# BOX FIT

Small Group Training

Longevity  
BOXING  
CLUB

Winona, Minnesota



**Mondays**  
**4-4:45**

\$15/session members  
\$20/session non-members

+ one-time purchase of \$10 reusable hand wraps required

**REGISTRATION REQUIRED**

[www.winonaymca.org](http://www.winonaymca.org)