



Schedule of Women's Classes:

Bag Workout: Includes old school boxing workout, conditioning, no contact bag drills

Class Times:

Monday, Wednesday and Friday
5:30-6:30am

Must be 18 years or older
\$50

Tuesday, Thursday

12:00-1:00pm

Must be 13 years or older
\$35

Monday, Wednesday

6:30-7:30pm

Must be 13 years or older
\$35

Instructors:

Gloria Jensen and Ariel Ramirez

Contact Information:

307-259-3243

Download:

MindBody App from Google Playstore
or App Store

*Casper Boxing Club brings about new hope,
new experiences, new direction and new
determination...*



Empowerment Through Boxing

Women's Fitness / Self Defense Class

For over 57 years, the Casper Boxing Club has been serving the youth communities of Central Wyoming and now offers a boxing class designed specifically for women.

Build Confidence and Self-Esteem

Boxing fitness will help you develop boxing technique, stance and cardio. Confidence and self-esteem are instilled through routine, through small successes, through repetition and observable results. We encourage you to try new things, a new boxing workout, to seek new challenges and reach new goals. The results are newly defined muscles, coordination and the confidence to succeed.

Learn Awareness

Boxing heightens your awareness of your surroundings. Working out on the punching bags causes you to stay alert, forcing women out of their comfort zone. It requires 100 percent mental concentration. It is demanding and strategic, stimulating new parts of the brain, challenging the mind and body. (Calming the mind, while relieving stress.)

Build Quick Reflexes

To build those reflexes you must practice fast movements, which require mental sharpness. Your reaction time comes from first being aware, then responding, without having to think it through. In boxing training you learn to use fast footwork and defensive movements. Whether you are shadow-boxing, hitting punching bags or actually sparring, you'll practice this concept repeatedly, which will hone your defensive reflexes in no time!

Build Stamina

Boxing requires an immense amount of conditioning. A punching-bag workout is just one way to achieve maximum results. A boxing workout involves the heart, arms, chest, shoulders, torso and legs working in unison, burning over 500 calories an hour, building lean muscle, developing stamina and endurance, while ramping your metabolism. As we age, we lose muscle mass, strength, flexibility and balance, but boxing reverses this trend. The boxing workout is exhausting and exhilarating, but immensely rewarding.

Learn Punching Power and Self-Defense

Boxing teaches you how to throw your punches using your legs to generate power. Once you learn how to punch with power, you will feel less stress when walking alone and walk with confidence should you be confronted by an attacker. With your reflexes on point and your punches lined with power, you will not be the choice of your assailant.

For women...boxing is one of the most complete cardiovascular and resistance workout there is, a total body workout...AND, it's fun!