

A FREE BOXING PROGRAM

FOR SENIORS AGES 55 +



TKO FITNESS

1615 KINGS HIGHWAY NORTH
CHERRY HILL, NJ 08034

THURSDAY JUNE 6TH, 13TH, & 20TH
10:45 AM – 11:45 AM

THURSDAY JULY 11TH, 18TH, & 25TH
10:45 AM – 11:45 AM

You **MUST** be a Camden County resident in order to participate in this **FREE** program. As spaces are limited (20 per class) on a 1st come, 1st served basis preregistration is required. Register today by calling Tom Castellano at, **(856)-858-2986** or by email, **Tom.Castellano@camdencounty.com**.

The Senior Boxing Program will teach the fundamentals of the sweet science while engaging the attendees in some cardiovascular drills as well as hand/eye coordination exercises that will enhance & challenge their skills.

You will also be taught boxing basics such as the speed bag, focus mitts, double end ball, uppercut bag, heavy bag, shadow boxing, & jump rope. Boxing is regarded as one of the best workouts for anyone of any age due to its development of the "weak" side of one's body!

Professional athletes across all platforms understand this premise and have gravitated to boxing/MMA striking as a key part of off season training.

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Hold Harmless and Indemnification Release:

- I hereby agree to indemnify, defend and hold harmless Camden County and all instructors and personnel from any liability or claim or action for damages arising from my participation in this program, regardless of the cause, including the negligence of the above named participants.
- I have read over and understand these rules.
- I understand the risks inherent and agree to assume the risk to myself of possible injury and to assume liability for my conduct.

Signature: _____ Date: _____