

# A FREE VIRTUAL BOXING PROGRAM

FOR SENIORS AGES 55 +



**SEPTEMBER:  
10TH, 17TH, 24TH**

**OCTOBER:  
1ST, 8TH, 15TH, 22ND, 29TH**

You **MUST BE** a Camden County resident to in order to participate.

Registration is required, & you may do so by calling Tom Castellano at (856).858.2986, or by email, [Tom.Castellano@camdencounty.com](mailto:Tom.Castellano@camdencounty.com).

**Our Fall 2020 Seniors Virtual Boxing Program from TKO Fitness, will run via Zoom video chat for 8 weeks, Thursday mornings at 10:45 am – 11:45 am. Our meeting ID is: 438 071 3591 and the password is 1615.**

The virtual class will teach fundamental boxing techniques, sequences and basic movements. Boxing gloves or hand weights work just fine for the class and no extra equipment is required to participate.

Cardio exercises will run rampant and a total body workout will happen in the 60 minute Zoom meeting! Have some water and a towel ready to go because we will be nonstop moving once class begins!