



**FREE ONLINE BOXING INSPIRED FITNESS CLASSES
KEEP FIGHTING!**

Every Tuesday and Thursday @ 5:30pm
and Saturdays @ 10:00am

JOIN US USING ZOOM LINK BELOW AT THE DAYS AND TIMES LISTED ABOVE

<https://us02web.zoom.us/j/318919696?pwd=ZjhNRVIDc2VVeUdxeWsvTVZQbJJQUT09>

Participants will need to register and complete waiver in order to join program.

Please return registration and waiver to Coach Will at
empiremuscle@rsbaffiliate.com