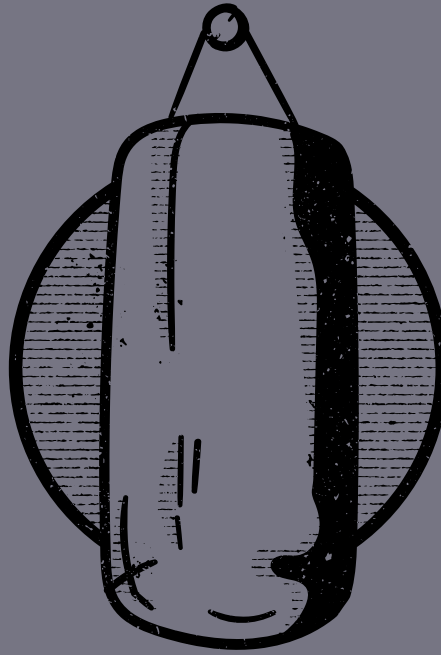


SESSION DESCRIPTION

The sport of boxing boasts an interesting connection to marginalized people of various countries. Take a global journey in this session and experience how boxing for fitness brings the world together through sport, movement, celebration, and music. You'll learn to craft a boxing-based class that incorporates inclusive language, explores international representation, and celebrates individuals of multiple ability levels. Stay in the fight till the final round in the bout for inclusive fitness.

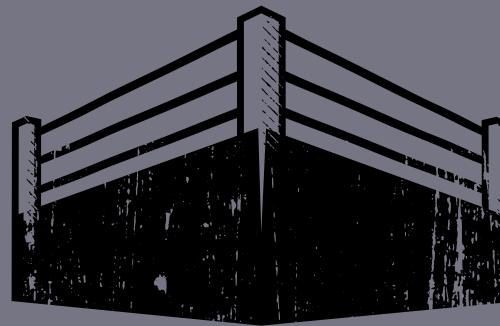


ANOTHER ROUND



Contact For More Info

✉ kiawilliams.fitness@gmail.com
🌐 [@KiaWilliams.Fitness](https://www.instagram.com/KiaWilliams.Fitness)



Created By: Kia Williams, MBA, MS

Perks of the Workout

- Boost Endurance
- Improve Coordination
- Release stress
- Improve mood
- Burn calories
- Improve sleep quality
- Exercise self-awareness
- Deepen personal knowledge of the sport of boxing

THE FIGHT

Pre-fight Ritual: Motivation
The Announcer: Movement Prep I
The Opponent: Movement Prep II
Round One: Defense
Round Two: Offense
Round Three: Combos Part I
Round Four: Combos Part II
Round Five: The Fight
Round Six: The Knockout
Victory is Won: Celebration

