

- **LOSE WEIGHT** •
- **GET FIT MENTALLY & PHYSICALLY** •
- **ENJOY A STRESS-RELIEVING CLASS** •

TUFF-TIME

BOXING

CARDIO

\$10 Drop-In fee. Please confirm with instructor prior to Friday classes . \$8 drop in fee on Fridays.

To schedule private lessons, contact Mike Tufariello at mtuffy1@yahoo.com

EVERY MONDAY & WEDNESDAY FROM 7-8 PM at CRC

131140-95 12/1-12/22 \$65/\$71.50

131140-00 1/5-1/28 \$65/\$71.50

131140-10 2/2-2/25 \$65/\$71.50

131140-20 3/2-3/30 \$73/\$80.50

131140-30 4/1-4/29 \$73/\$80.50

Class is taught by a state-certified USBA instructor with 56 years of experience