

The DACC is offering one-on-one



Boxing Training

A great way to:

- *Get into Shape
- * Build Stamina
- *Gain Confidence
- *Learn Self Defense

You'll have one on one training with an Amateur Boxer
~Paula Waddell

Using Boxing Techniques, the Heavy Bag, Punching Drills
and Sparring

(Similar to Personal Training, but all to do with Boxing)

Contact: Darcie Adams for pricing and further details

www.dadams@dacc.info or 895-9500 X114