



Boxing Fitness Workout

Open to everyone! No cost!

Learn the boxing fundamentals by NASM Certified Trainer

to get back in shape quickly, build mental toughness, and grow in spiritual wellness

First day kickoff on 9 April

Every Wednesday by the chapel (Building 100) on the grass

Equipment provided

1130-1230

Sign up at

chpt.chapel.smb@usmc.mil or call 466-4000
<https://www.cherrypoint.marines.mil/Offices/Chapel/>