



Laguna Woods Village®



# SILVER GLOVE

FITNESS CLASSES



**Wednesdays: 2:30 to 3:30 p.m.**

**Fridays: 8 to 9 a.m.**

**Clubhouse 5 Fitness Room**

Silver Glove Fitness is a non-contact boxing program that provides a fun, challenging and always changing workout. Exercises help improve balance and coordination, as well as overall strength. Examples of exercises include footwork in an agility ladder and performing multiple boxing combinations on mitts. \$35 for five classes. Punch cards may be purchased in the Recreation Office or Clubhouse 5 Office. Contact Recreation at 949-597-4273 for more information or email [recreation@vmsinc.org](mailto:recreation@vmsinc.org)

**Interested? Free classes offered November 7 and 9!**