

Legends Cardio Boxing Classes

Who:

Beginners to All Skill Levels and anyone who wants a total body workout.

When:

Every Day except Friday and Sunday.
Get Class Times at Front Desk.

Who is Michelle Green:

Former professional boxer Michelle Greene has been in the fitness industry for the last 12 years as a personal fitness and life coach. She knows exactly what the body is capable of achieving. Maintaining over a 100 pound weight loss for the last 13 years, she knows how trying the process can be. Michelle's training philosophy is that EVERY goal is ATTAINABLE with hard work and dedication. She is with you every step of the way keeping things fun, challenging and individualized. Every program is specifically tailored to the needs of each client. She incorporates nutritional consulting, cardiovascular interval training, weights, plyometrics, boxing and core conditioning.

How much:

\$70 per month
Includes unlimited cardio boxing classes and FREE access to entire Sports Complex

281-298-5700
602 Pruitt Road
The Woodlands, Texas 77380



Legends Cardio Boxing offers a unique, all body cardio and strength-training workout. Sports scientists agree that cardio-boxing is one of the best forms of exercise, because it conditions the total body and provides a complete workout for your cardiovascular and strength systems.

You will gain endurance and strength through these intense but always fun workouts. Mitt and bag work, plyometrics, cardio conditioning, footwork including kick boxing, and strength training will be incorporated into every workout.

All classes will be taught by former professional boxer Michelle Green.

No Excuses "Fight to Get Fit!"

- *Classes are 60 minutes long and meet every day except Friday & Sunday.*
- *All Classes are held in a fun, non-competitive environment.*
- *A Cardio Boxing Membership includes unlimited Cardio Boxing Classes plus FREE access to entire Sports Complex.*

Contact Garrick Coffel at

(281) 298-5700 or

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