



# BOXINGFIIT

Be Strong. Be Confident. Be Boxing Fit.

## TRAIN WITH US

Adult & Youth Boxing Fitness taught in a family friendly environment incorporating traditional boxing with high intensity circuit training.

[BoxingFiit.com](http://BoxingFiit.com)

# GET IN SHAPE

And learn Self Defense

### Why with Us ?

Our mission is to help develop a physically stronger & mentally healthier community of all ages. Sparring or contact is optional. Come discover the benefits of one of the oldest sports in the world located in historic Downtown Forney.

**201 North Bois D'Arc**

Side Entrance - Located Directly ABOVE the Flower Basket

**Unlimited Training Mon thru Sat  
Youth \$40/month | Adults \$50/month**

**CONTACT US:**

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 @BoxingFIIT

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