

BOX WITH PETE

EST. 1983



RAC
ROCHESTER ATHLETIC CLUB
CONTACT INFO:

PETE
248-805-2112

ONE-ON-ONE LESSONS AVAILABLE

Instructor



Pete Cantu (Left)

- Over 30 years of experience
- 25 Professional Fights

Benefits of Boxing

- Speed, Balance, Discipline, Flexibility, Coordination, & Endurance

Sports that Benefit from Boxing

- Hockey, Soccer, Golf, Football, Basketball, Karate, Baseball

CARDIO BOXING

Looking for a new challenging workout?

Now is the time to do something for yourself. A fun and intense cardio workout that you've always wanted to experience. Get fit with an experienced and qualified boxing instructor.



Single Class - \$12

10 Classes - \$100

Tuesdays @ 5:30pm
Saturdays @ 9:30am