

PILOXING®

Mondays 9:30-10:30 AM with Shara
Starts September 12th

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Come try the latest Hollywood fitness craze! PILOXING uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape. PILOXING is the brainchild of Swedish dancer and celebrity trainer Viveca Jensen.

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