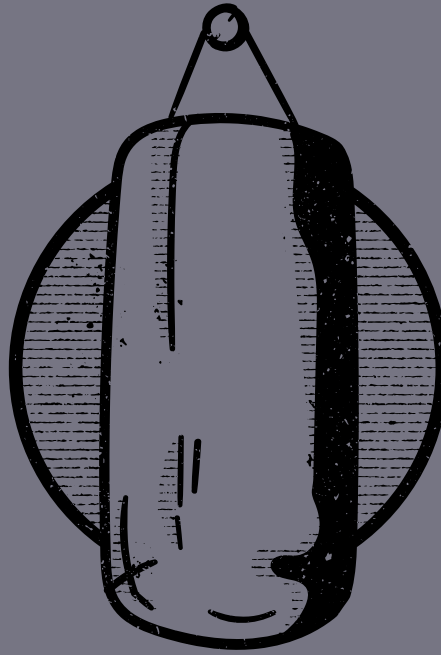


## SESSION DESCRIPTION

The sport of boxing boasts an interesting connection to marginalized people of various countries. Take a global journey in this session and experience how boxing for fitness brings the world together through sport, movement, celebration, and music. You'll learn to craft a boxing-based class that incorporates inclusive language, explores international representation, and celebrates individuals of multiple ability levels. Stay in the fight till the final round in the bout for inclusive fitness.



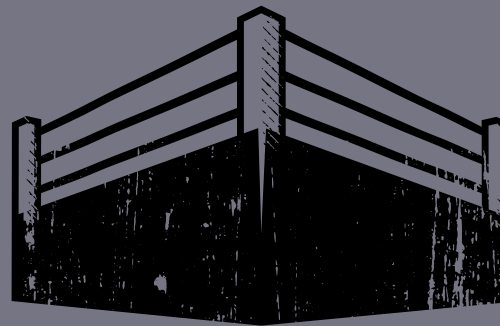
## ANOTHER ROUND



## Contact For More Info

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Created By: Kia Williams, MBA, MS

## Perks of the Workout

- Boost Endurance
- Improve Coordination
- Release stress
- Improve mood
- Burn calories
- Improve sleep quality
- Exercise self-awareness
- Deepen personal knowledge of the sport of boxing

## THE FIGHT

Pre-fight Ritual: Motivation

The Announcer: Movement Prep I

The Opponent: Movement Prep II

Round One: Defense

Round Two: Offense

Round Three: Combos Part I

Round Four: Combos Part II

Round Five: The Fight

Round Six: The Knockout

Victory is Won: Celebration

