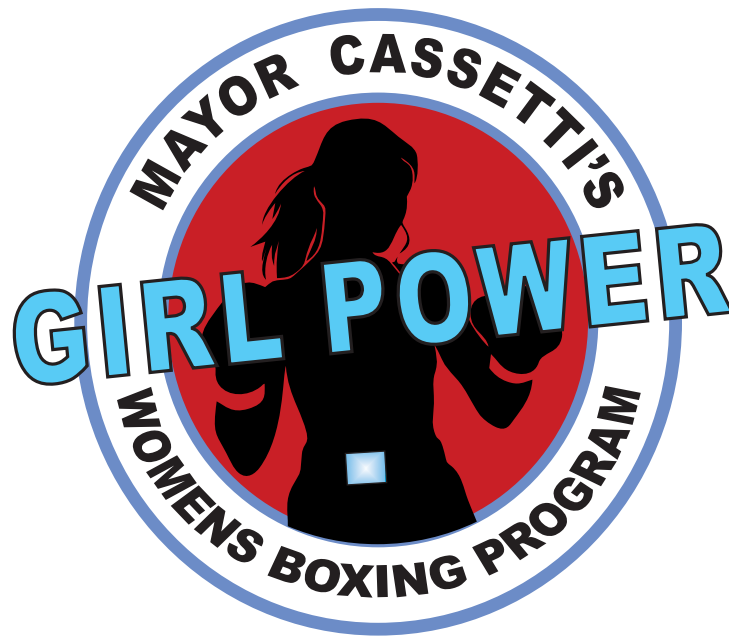


**NEW!**



**NEW!**

**Mayor Dave Cassetti's Women's Boxing Program  
Open to women ages 18 and Up**

**Classes start January 10th and run through March 28, 2025**

Boxing is a fun and exciting way to stay fit. This exclusive twelve week program will introduce women to the fundamentals and techniques of boxing.

Develop confidence, coordination and skill.

Workouts include: sparring, speed bag, heavy bag, jump rope and various forms of aerobic exercise.

**Classes run every Friday, 5:00 to 6:30pm  
at the Ansonia Armory, 5 State Street**

**Cost \$50 per student. T-shirt and Equipment Provided**

Sign-up dates: January 2, 8:30 am - 5:00 pm, and January 3, 8:30 am - 1:00 pm  
Office of the Mayor, Ansonia City Hall 253 Main Street

Hurry, space is limited, Call the Mayor's Office at 203-736-5900 to sign up!