Pricing For All

PWR! - $15/60 min. class or $135 for 10 classes

Rock Steady Boxing

$15 – 1 class

$135 – 10 class package

$50 Initial Screening (includes gloves and gel wraps)

LIVONIA

20000 Victory Parkway, Suite 100, Livonia, MI, 48152

855-877-1944

PWR! Moves  Tuesday & Thursday  10:00am - 11:00am
PWR! Moves  Wednesday                3:00pm - 4:00pm
PWR! Cardio   Wednesday                10:00am – 11:00am
PWR! Cardio   Thursday                 4:00pm - 5:00pm
Rock Steady Boxing 1/2  Monday/Wednesday/Friday  11:00am – 12:30pm
Rock Steady Boxing 1/2  Tuesday & Thursday  6:00pm – 7:30pm
Rock Steady Boxing 3/4  Tuesday                 1:00pm – 2:30pm
CLINTON TOWNSHIP

15500 19 Mile Road, Suite 330, Clinton Township, MI, 48038
586-412-0016

PWR! Cardio  Wednesday  12:00pm – 1:00pm
PWR! Moves  Friday  9:00am - 10:00am
Rock Steady Boxing  Tuesday  10:30am – 12:00pm

LANSING

3960 Patient Care Drive, Suite 117, Lansing, MI, 48911
517-325-0996

PWR! Moves  Tuesday & Thursday  12:00pm – 1:00pm
Rock Steady Boxing L1/2  Wednesday  3:00pm – 4:30pm