



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