

## Technical Boxing Classes Miami

The Health Joint Technical Boxing Class is a sure way to shed those unwanted pounds fast while building your cardio endurance at the same time.

The Health Joint employ&rsquo;s trainer Leo Thalassites a world class fighter and motivating trainer. Leo Thalassites has gone through rigorous training to know the best way to challenge the body to its ultimate shape and gain maximum endurance.

The Health Joint Technical Boxing Class is the only boxing fitness class in Miami to mirror an actual boxing match incorporating five, three-minute rounds with active one-minute breaks.

Our program is proven to burn 800-1000 calories per hour, making The Health Joint Technical Boxing Class of Miami a popular workout option for anyone who wants to quickly and effectively get in shape.

Don't take our word for it Jorge Estevez who lost 45 pounds in 3 months says "The Health Joint Technical Boxing Class is Miami's best, most authentic and highly effective fitness training possible."

The results of The Health Joint Technical Boxing Workout are proven to increase strength and cardio endurance &ndash; and to get you in the best shape of your life.

Every Monday: 7:00pm - 8:00pm