

Boxing Training Program

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Boxing Training Program

Two police cars were parked last week on Jefferson Street in front of Spokane Boxing Gym but a peek inside the gym revealed not uniformed officers but instead a group of teens shadow boxing next to ...

'This is a safe place': Spokane Boxing hosts weekly workouts for teens with Police Activities League

Jesse "The Law" Torres Boxing Club has left its longtime home at the Copley facility on Union Street in Aurora. But with talks still continuing between this nonprofit and the Fox Valley Park District, ...

Column: Fox Valley Park District and boxing club partnership may be down for the count

Rock Steady Boxing, a unique exercise program, based on training used by boxing pros, and adapted to people with Parkinson's disease, is now available in the Kona area. The program involves ...

Rock Steady Boxing for people with Parkinson's comes to Kona

When the Nassau County Police Athletic League decided to offer boxing to tweens and teens again after a 15-year hiatus, the classes filled up faster than a one-two punch. The plan was to start in April ...

Nassau County PAL brings back boxing program after 15-year hiatus

U.S. Marines are training to peak physical levels in order to be eligible to compete in matches against other athletes in the sport of boxing. II Marine Expeditionary Force's Martial Arts Center of ...

Rolling with the punches, II MEF Marines take on the MACE Boxing Program

Four nights a week, Victor Ramirez, who runs the Combat Cardio Club holds workouts for boxers and MMA fighters of all ages at their training facility on Dyke Avenue in Grand Forks. The purpose for the ...

Combat Cardio Club helps keep boxing and MMA alive in Grand Forks

It wasn't long ago that the 80th annual Brigade Boxing Championships were in jeopardy, but the event set for Friday night will feature seniors Kendall Louis and Jeannette Steerman, who will try to ...

Better late than never: Kendall Louis, Jeannette Steerman aim to make history at Navy's Brigade Boxing Championships

Evan Holyfield, son of boxing legend Evander Holyfield, is making a name for himself in quick fashion, going 6-0 since turning pro.

Undefeated At 6-0, Evan Holyfield Is Beginning To Take Boxing By Storm

Fayetteville community helps aim to unite the community and create a mentoring program for Fayetteville youth.

Mentor program aims to provide 'safe space' for young people in Fayetteville area

Bringing boxing to Sioux Falls. Two brothers and Rhode Island natives ran a successful professional coaching company in Los Angeles but decided to move their gym ...

Los Angeles brothers bring professional boxing to Sioux Falls

The former MLB star "showed amazing commitment" to the intensive 54-day program at 54D gym, owner Rodrigo Garduño tells PEOPLE ...

Alex Rodriguez Lost His 'Dad Bod' Thanks to This \$4,000 Workout Program

Windowlight illuminates the face of Spokane Police officer Greg Butler as he leads a group of young men in a step drill at the Spokane Boxing Gym during a training session of the Police Activities ...

Police Activities League boxing

Mayweather Boxing + Fitness - a group boxing and fitness experience created by legendary boxer, Floyd Mayweather - announced today the Grand Opening of the brand's first international Studio in St.

Mayweather Boxing + Fitness Crosses International Borders With St. Petersburg, Russia Grand Opening, Hosted by Mayweather

Accavallo is a member of FYZICAL Therapy & Balance Centers, which offers Rock Steady Boxing group classes designed by medical professionals to alleviate some symptoms impacting the lives of those ...

Boxing helps seniors fight Parkinson's disease in Southwest Florida

MANNY PACQUIAO returns to his calculated training program starting on Monday after taking it easy for almost a week to attend to his work as a senator. Pacquiao will fight American Mikey Garcia either ...

Pacquiao Returns To Tough Training

The streets of Little Haiti gave him his bearings. He knew the neighborhood well enough, at a young age, to avoid the stereotypical traps that landed his father in prison and kept his old friends ...

Journey to fourth fight: Bailey scored KO during West Point's pro boxing event

Boxing Shaffi Bakari during a training session at the Moi Stadium, Kasarani. Image: FILE • Only four boxers are sharpening their ploughs for the Tokyo Olympics in July with the rest joining in as ...

Hit Squad resume training after government nod

Frank Durst and his wife honor former boxer and friend, Vernon Forrest with a scholarship aimed toward the values of Forrest.

Boxing: Vernon Forrest's legacy honored by Frank Durst, Rayonta 'Stingray' Whitfield

"Compared to the last one, this program has more in-depth training and its own facility with thousands of dollars' worth of equipment," he said. "We have three coaches, two for boxing and ...

