Naples Boxing Gym - Learn Boxing in Naples Florida

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Boxing in Naples Fl! Boxing is an essential part of Mixed Martial Arts Training; no other striking sport will improve your punching skills better than Boxing. Footwork, Timing, Speed and Power are all essential parts of Boxing that translate well in the Mixed Martial Arts arena.

Learn Boxing in Naples at NYMAG in JABZ Gym - Get Your Free Guest Pass at http://NYMAGnaples.com

Whether you want to compete or just have some fun and stay in shape, our Boxing classes are great for Athletes and Beginners alike and are all taught by experts in that art so that our students have the most authentic experience possible.

No Competition or Full Contact Required We offer Non-Contact Technique and Conditioning Classes that involve Cardio, Pad Work, Bag Work and Related Exercise. Sparring Classes are Separate for Advanced Students who wish to participate when ready.

We offer two types of Boxing classes:

Technique and Conditioning Classes

Our Technique and Conditioning classes involved conditioning drills and exercises followed by pad and bag work and technical instruction from Boxers who are long-time practitioners in of the sport, so you get an authentic experience, learn real technique and get a better workout. Aside from striking the pads and bags, there is no full contact or sparring in these classes; the focus is on proper technique and conditioning.

Sparring Classes Sparring is optional and done at separate times for students who want to compete when they feel ready; no student is ever called out or pressured to fight. More info: http://NYMAGnaples.com http://MMAgymsNaples.com
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