



New Bern Boxing, MMA & Fitness



Boxing

Pricing

Youth (5-14 years old)	\$100.00/month
Adult (15 years & older)	\$100.00/month
Competitive Boxing (5 days/week)	\$125.00/month
Professional Boxers	\$125/Hour



Class Times

Monday – Saturday	6:30-8 AM
Monday – Thursday	3:30 -5 PM



Boxing promotes and incorporates cardio health, strength training, punching techniques, fighting techniques, mentoring and circuit training.



Boxer Achievements

Carolina Challenge Champion
Azalea Festival Champions
Christy Martin Invitational Champion
Mayor's Cup
LBC 13 Girls Outstanding Boxer 2019
LBC 13 Men's Open Outstanding Boxer
2020 NC State Silver Gloves Champions (2)



Contact Coach Daniel Ward

Boxing Coach and Personal Trainer
252-723-5551

USA Certified Boxing Coach
LBC 13 Outstanding Coach 2019
LBC 13 Outstanding Boxing Club 2019