



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **NEW FITNESS ROOM! BOXING & TRAINING**

**Want a unique way to get and stay fit? Or are you interested in participating in competitive sports? YMCA of Paterson has incorporated a new boxing & training room in its facility. This training room is designed for adults and youth alike who want to practice boxing and who want to take advantage of the intense fitness regime that will get them into top physical condition.**

**This room is open to our members during our normal hours of operation but may be closed on occasion for small group trainings.**

**YMCA of Paterson  
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