

## About Us

The Boxing & Physical Fitness Center is known for going above and beyond to help our members reach their fitness goals. We offer several opportunities for personal training each day. If our schedule doesn't fit yours let us know and we'll work out a way to help you get into great shape.

Center Director, Karen Mutters holds a BS in Health Promotion from Appalachian State University and has been certified in personal training and group fitness for 9 years through ACSM, AFAA and most recently NETA. She is also a Certified Health Education Specialist through the National Commission for Health Education Specialists.

Recreation Coordinator Erica Fonvielle graduated from UNCW with an education degree and is a certified personal trainer and group fitness instructor and has been boxing competitively and non-competitively for over 6 years.

Never forget that each journey starts with a single step. Make the first step on your journey to a healthier you at the City of Wilmington Boxing and Physical Fitness Center.

**Directions:**  
Take Market Street toward downtown Wilmington. Turn left on 10th Street. The Boxing & Physical Fitness Center is located on the corner of 10th and Ann Street.

**Parks, Recreation and Downtown Services**  
The Wilmington Parks, Recreation and Downtown Services Division, in addition to the Boxing and Physical Fitness Center, offers unique program opportunities to the public. These include athletics, senior programming, Fit for Fun Center, Adventure Pathways, special events, day trips, community centers, pools, Halyburton Park and the Greenfield Grind Skate park.

For Information, call (910) 341-7855.



**302 South 10th St.  
Wilmington, NC 28401**

**Phone: 910-341-7872 or  
TTY Relay 711  
Fax: 910-343-4746**

## **Boxing**

Our facility is equipped for non-competition boxing training. You are welcome to wrap your hands and put on gloves to train in the center. We have heavy bags, upper cut bags, double end bags, reaction bags, and speed bags. You can get a full boxers workout with plenty of room for jump rope, mit work and hitting the bags.

## **Physically Challenged**

We have been working with the physically challenged for over 8 years and have see phenomenal results. With a doctors permission we will help everyone who would like to improve their overall health. Please call the Boxing and Physical Fitness Center at (910) 341-7872 for class times.

## **The Facility**

Packed full of equipment, the Boxing & Physical Fitness Center has cable equipment, free weights, Stairmasters, treadmills, lifecycles and much more. Locker and shower rooms are provided for your convenience.

## **Center Staff**

The Boxing & Physical Fitness Center provides the community with friendly and knowledgeable staff members who are eager to help members reach their fitness goals.

### **Center Director/ Personal Trainer:**

Karen Mutters

### **Recreation Coordinator/ Personal**

**Trainer:** Erica Fonvielle

## **Membership\***

City residents: \$50 Annually

Non-city residents: \$85 Annually

\*Memberships are non-refundable and cannot be transferred.

\*\* No members under the age of 14. 14+ must have a parent or guardian with them at all times. 16+ must have signature of a parent/ guardian.

## **Hours of Operation**

Mon-Fri 6 am- 8:30 pm, Sat 8 am to 12 pm

## **Programs:**

- Strength Training
- Fitness Assessments
- Exercise Programming
- Cardio Training
- Aerobic Training

## **Group Fitness Classes**

### **Basic Aerobics**

Monday thru Thursday

1:10pm

Instructor: Johnnie Mae Drayton

### **Open Training**

Monday Wednesdays Friday

12:00pm and 6pm

Instructor: Staff

### **Yogalates**

Thursdays 6:30am

Mondays and Tuesdays

12pm

### **Step by Step Body Jam (Dance)**

Wednesday, Thursday and Friday

7pm

Instructor: John Hollywood