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FOR IMMEDIATE RELEASE

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***Benefitness* Adaptive Gym Hosts Holiday-Themed Boxing Class for All Abilities**

Surprise, AZ – *Benefitness* Adaptive Gym, a trailblazing fitness space in the West Valley dedicated to empowering individuals with different abilities, special considerations, and chronic medical conditions, is excited to announce a festive holiday-themed boxing class on Saturday, December 14, 2024, at 10:00 AM.

As an affiliate of Rock Steady Boxing, *Benefitness* is proud to offer this non-contact, boxing-based fitness class designed to improve the quality of life for people with Parkinson's Disease. However, this inclusive event welcomes all participants looking for a fun, social, and healthy workout experience.

The December class will feature a Christmas sweater theme, encouraging participants to don their favorite festive attire—whether it's a traditional sweater or an "ugly sweater" t-shirt. The celebration will also include a special raffle for two private coaching sessions. Attendees must be present to win!

Key Details:

- Class Date: December 14, 2024
- Time: 10:00 AM
- Cost: \$20 for non-members, \$10 for members (gym membership not required).
- Registration: Space is limited, so call 623-584-0065 to reserve your spot.

This monthly adaptive boxing class, part of the *Benefitness* mission to create a sense of community and belonging, promotes physical health and social engagement. Participants will enjoy a supportive environment while working out with friends and peers, making exercise both fun and meaningful.

Don't miss the chance to experience this unique event and ring in the holiday season with fitness and festivity. For more information or to register, contact *Benefitness* Adaptive Gym today.

Photos:





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