

## Wise Choice Boxing Training & Fitness - Exmore

exmore



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## *Wise Choice Boxing Training & Fitness - Exmore*

### **Wise Choice Boxing Training & Fitness: A Premier Boxing Gym in Exmore, Virginia**

If you're looking for an excellent place for your kids to learn boxing and get fit, Wise Choice Boxing Training & Fitness is the perfect option located in Exmore, Virginia. This gym offers a variety of programs tailored specifically for **children**, making it a great choice for families.

## **Why Wise Choice Boxing is Good for Kids**

One of the standout features of Wise Choice Boxing is its welcoming environment. The trainers are experienced and have a passion for teaching young boxers the fundamentals of the sport. Children can benefit from boxing lessons that enhance their physical health and instill valuable life skills such as discipline, confidence, and teamwork.

## **Programs Tailored for Children**

Wise Choice Boxing offers programs specifically designed for children of all ages and skill levels. Whether your child is just starting or has some experience, they will find a suitable class. The gym's focus on **children's fitness** ensures that every session is not only educational but also fun and engaging.

## **The Benefits of Boxing for Kids**

Boxing is an excellent form of exercise that helps improve coordination, strength, and endurance. At Wise Choice Boxing, children will engage in activities that promote physical fitness while learning self-defense techniques. Moreover, boxing can boost their self-esteem as they achieve personal goals and overcome challenges in training.

## **A Safe and Supportive Environment**

Safety is a top priority at Wise Choice Boxing. The gym is equipped with age-appropriate gear and training equipment, ensuring that children can train safely. The supportive atmosphere encourages kids to push their limits while having fun in a structured setting.

## **Conclusion: Enroll Your Child Today!**

In summary, Wise Choice Boxing Training & Fitness in Exmore, Virginia, stands out as an excellent opportunity for your children to learn boxing. With a focus on creating a positive environment for **kids**, this gym helps foster both physical and mental growth. Whether for fitness or competitive aspirations, enrolling your child at Wise Choice Boxing is a decision you won't regret.

## **Our establishment is located at**

11481 Occohannock Neck Rd, 23350 Exmore, Virginia - United States (US)

The contact line of the respective **Boxing gym** is +1757-709-5534

And if you want to send a WhatsApp, you can do so at +1757-709-5534

## Visit us during the following hours:

### Day Hours

Monday

10?AM–1?PM 4–7?PM

Tuesday

10?AM–1?PM 4–7?PM

Wednesday

10?AM–1?PM 4–7?PM

Thursday

10?AM–1?PM 4–7?PM

Friday

10?AM–1?PM 4–7?PM

Saturday

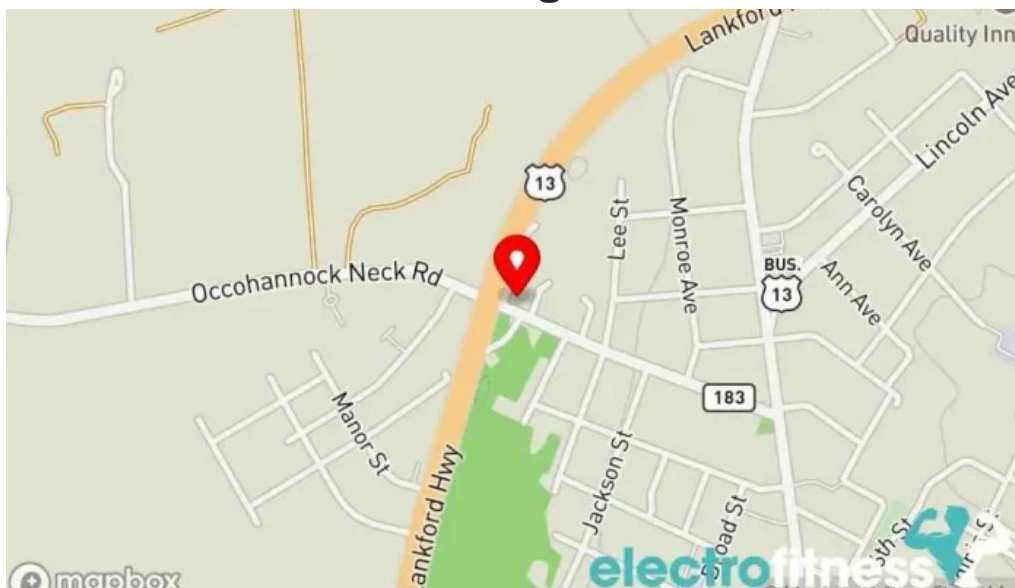
Closed

Sunday

Closed

If you wish to modify any information that you consider is not accurate regarding this web, we ask send a message and we will handle it as soon as possible. With anticipation thanks.

## Images



*Wise choice boxing training fitness map*



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*Children, Good for kids*

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firearms academy
fitness
fitness center
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gym
gymnastics center
hair salon
health consultant
health food restaurant

hiking area
hospital
hotel
indoor cycling
jujitsu school
karate school
kennel
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martial arts club
martial arts school
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public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program

yoga instructor
yoga studio
youth organization