

BOX + FLOW

December 1, 2016

InStyle

4 Knockout Boxing Classes We're Obsessed with—and You Will Be Too

With dark mornings and even darker nights, shuffling off to the gym before or after work feels especially dreadful these days. With the usual elliptical allure burning significantly dimmer, we need something more dynamic to motivate us to lace up our sneakers for a good sweat. Enter: boxing classes.

There's a reason these workouts are heavily sought after by some of the most, well, sought-after models in the business, like Gigi Hadid and Adriana Lima. Boxing workouts are high-challenge, high-reward and because they're built around constantly changing combinations, they're super fun and definitely not boring.



3. BOX + FLOW

"Boxers and yogis may seem like they're on opposite ends of the exercise spectrum, but the two disciplines go together like PB&J at this new combination class. At **Box + Flow**, each 50-minute session consists of 10 minutes of shadowboxing with weights, 20 minutes of boxing, and 20 minutes of candlelit vinyasa flow—all set against the sonic backdrop of Drake and Kanye West. If you're the type of person who prefers working out with a buddy, then you'll enjoy being put in pairs on the boxing bags and facing your partner during the closing power flow sequence. Either way, prepare to leave dripping in sweat." —*Claire Stern, Associate Editor*