

BOX + *FLOW*

December 5, 2016

THE BEVY



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'Tis the season of non-stop recuperating from our food comas. Thanksgiving may have just passed, but don't let the holidays allow you to fall into the trap of forgetting how to stay fit! This month we've all got eyes on [box + flow](#), the freshly opened (and not to mention) first fitness studio to provide a combo class of boxing and power flow. Fight + flow are opposites and together they create balance thru **energy, breath, movement** and **music**. Help them help you "flow thru the fight + fight thru the flow."