

Want to get fit? Try punching the bag

Most boxers go for total body workout

By LAURIE KAY OLSON

For the Colorado Daily

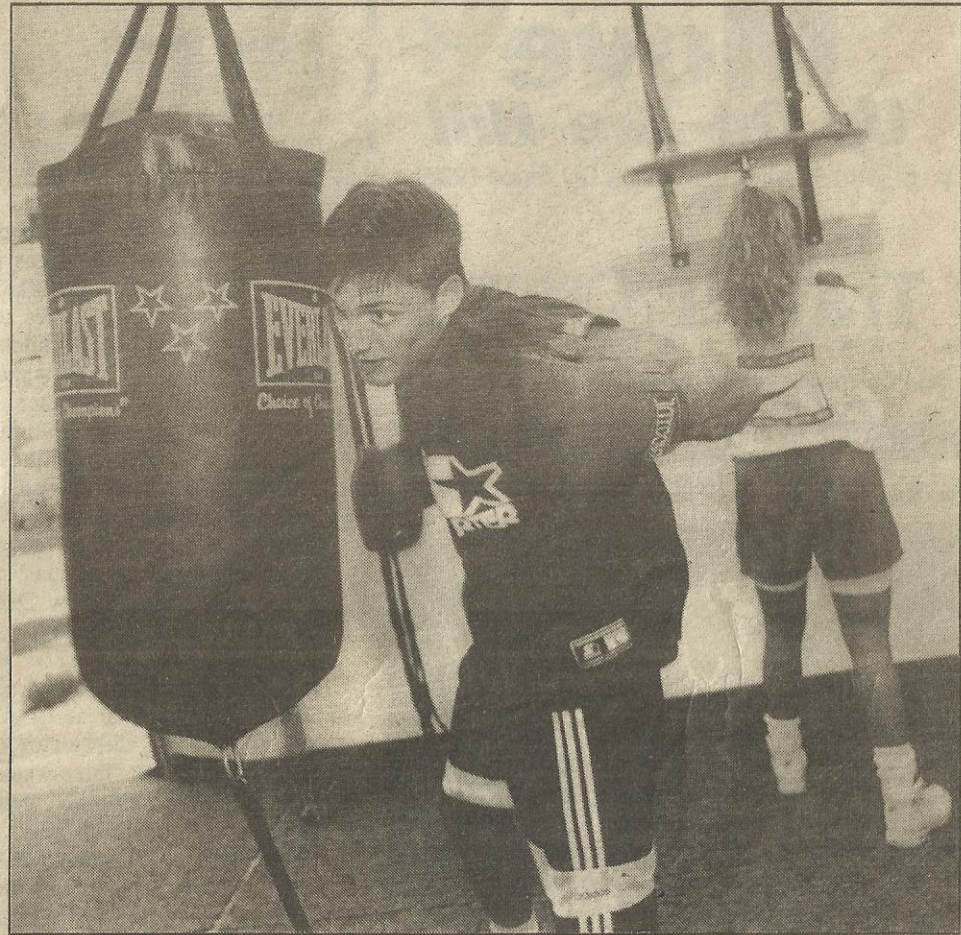
If you're tired of the same old aerobics class or if jogging is losing its hedonistic appeal, Front Range Boxing Academy just may have what you're looking for. Located in a renovated garage on 28th Street, it's hardly the dingy hangout of blunt-faced pugilists. The gym, with its red, white and blue boxing ring and simple signs advising "sweat is good" and "when in doubt, workout," is where more than 30 area residents of all ages go to work out.

According to the gym's owner, Dave

Gaudette, most people don't think of boxing as a way to work out because of the stigma that it has carried for so many years. In reality, boxing requires more than just brute strength and an iron jaw. It requires finesse, concentration and focus. He said dancing is one of the best ways to cross-train for boxing because of the similarities in movement.

While most gyms are geared to train fighters, Gaudette has tried to create a place for both the serious boxer and regular people. Most of the gym members are there for the total body workout.

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Dylan Olson, left, goes through a workout at Front Range Boxing Academy in Boulder. Olson aspires to box in the 2000 Olympics.