

Be strong+fit

discover what you can achieve

PHOTOGRAPH BY
SARAH SILVER

BOXING IS BOOMING

Notice the boxer braids and gloves all over your Instagram feed? Boxing studios are proliferating, and so are some creative new hybrids to get hooked on. There's BoxUnion in Santa Monica, California, which syncs its heavy-bag combos to music. And at studios like Gloveworx in Los Angeles and CruBox in West Hollywood, circuit training is getting a fresh punches-and-reps spin. For yogis, Box & Flow in New York City follows intense boxing with poses.

"Boxers don't just box," says former pro boxer George Foreman III, the founder of boutique gym EverybodyFights (located across the country), which offers hybrids BagsxBeats and Train360. Now that boxing gyms are geared toward developing fitness rather than fighters, people have discovered they can get the benefits of HIIT and build a skill set, says Milan Costich, the founder of Prevail, a popular group boxing studio in Los Angeles. "Even without getting punched," he says.

—Lauren Mazzeo

