

And in the blue corner: YOU

New gym opens with a mission to expand interest in gloving up

BROOKLYN FLINT
Of the Keizertimes

Toe 2 Toe Boxing's Adam Navarro is ready to put some people on their heels.

Navarro, the owner of the new gym in southeast Keizer, hopes the space introduces the sport he loves to a new audience and is a launchpad for those who want to go deeper.

Navarro became interested in boxing when he was a kid but lived in a place that had little to no opportunities for the sport. He then moved to Boise, Idaho, in his twenties where he joined a boxing team, he said.

After that, Navarro did a lot of coaching for kids and adults. What started as an interest evolved into something more like a calling. That grew into Toe 2 Toe Boxing.

The gym offers multiple classes for all ages and all skill levels. Navarro's classes and his gym are designed to be accessible to those with disabilities as well.

"About 97% of the people that come in our doors have never put on boxing gloves," Navarro said.

He noticed that most of the new members who join his classes weren't aware of their own strength in boxing and end up being surprised at what they could accomplish with a little instruction.

"We push it a little bit. We want to see you grow and get stronger," Navarro said.

Navarro also wants to teach people how boxing differs from other exercise.

"The thing with boxing is that you just work every muscle in your body and you're doing it at the same time. A lot of times you don't even know you're doing it," Navarro said.

To encourage people to try boxing, the first class is free. Gloves are provided if needed and can also be purchased at the gym. New members should expect a loud and action-packed environment. Music is played in every class and shouting is encouraged.

"I want them to have fun and see that cardio doesn't have to be boring," Navarro said.

Navarro is also taking precautions to make sure everyone is safe. In addition to everyone wearing a face mask, the equipment is wiped down between each class and a deep clean is done at the end of every day.



Adam Navarro is the owner and trainer at Toe 2 Toe boxing.

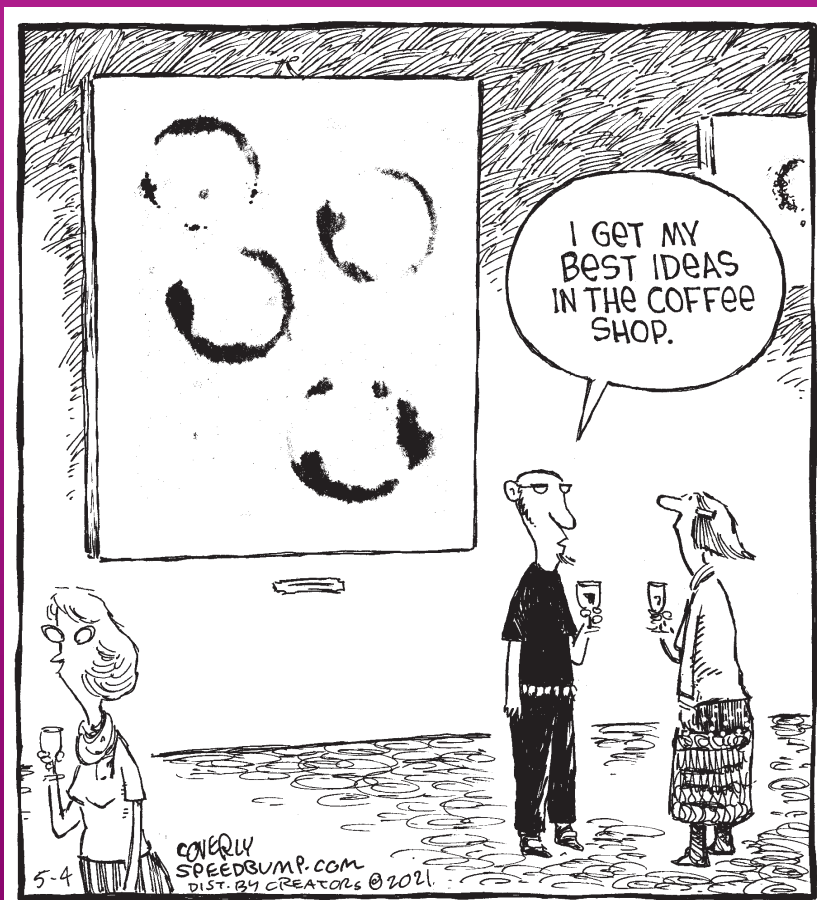
Photo by BROOKLYN FLINT of Keizertimes

As for the future of Toe 2 Toe Boxing, Navarro hopes to expand his business by having another location somewhere like Woodburn or Silverton, he said. He also wants to start a non-profit that would provide a free place for people to box and have fun.

"I really encourage people to just get ahold of us, come and try a class," Navarro said.

For more information and to sign up for classes, visit toe2toeboxing.com. The gym is located at 1130 Candlewood Drive N.E.

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