

FEATURED

Business Briefcase

By Tom Scanlon, Peoria Times Managing Editor Mar 18, 2020



Jabz Boxing, a gym that provides boxing-inspired workouts for women, is coming to Peoria. Photos courtesy Jabz

Who said working out can't be fun?

With circuit-style workout utilizing boxing-inspired exercises designed for women, **Jabz Boxing** is known for adding smiles as well as muscle. Jabz is now open at 24681 N. Lake Pleasant Parkway, No. 102, in the Lake Pleasant Shopping Center.

“The immense joy I have from opening my first Jabz Boxing studio inspired me to open my second location,” said **Christina Peregrym**, owner of Jabz Boxing Happy Valley and Peoria. “I love being able to empower women and provide an additional space where they can feel comfortable and confident.”

With 16 women to a class, Jabz classes are kept small, an idea that has the chain growing. The workouts combine cardio and strength training.

“Christina’s enthusiasm for Jabz Boxing and her eagerness to expand the brand into other communities is inspiring,” said **Kimberlee White**, CEO and co-founder of Jabz Boxing. “With her passion for changing lives and empowering women in

Happy Valley, we are excited to see Christina grow the brand in Peoria.”

White and **Len Hayko** opened the first Jabz Boxing in Scottsdale in 2012. There are now 20 Arizona Jabz and one in Philadelphia.

For more information about Jabz Boxing, visit jabzboxing.com.