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Throwing punches for fitness



JANN HENDRY
Acorn Newspapers

RIGHT JAB—
Westlake Village
resident Alex
Aucker trades
punches with
Knockout Boxing
owner Robert
Ferguson while
training at his new
facility. It's a great
way to exercise
and enhances
your self-defense
skills. Knockout
Boxing is at 880
Hampshire Road,
Ste. X, in the
Westlake portion
of Thousand Oaks,
not far from
Agoura Road
and Westlake
Boulevard. Call
(805) 495-2444.