

Let Us Help You
**Reach
Your
Goals!**



Fred Rosa **Private Boxing Instructor**

Fred has been around boxing since he was a child, and has sparred with some of the greats, including *Alex Ramos*, "The Bronx Bomber" and *Hector 'Macho' Camacho*. Fred's father, *Miguel Berrios* was a featherweight contender who fought *Hogan 'Kid' Bessy* for the vacant title. *Berrios* beat *Gabriel 'Flash' Elorde* twice. *Elorde* held the title for ten years.

A highlight of Fred's career was becoming a semi-finalist in the *Golden Gloves*. Holding an outstanding record of thirty five fights with only three losses, Fred has now lends his boxing talents to teaching. Fred offers private boxing lessons for adults and children at All Sport Fishkill. He also teaches *Boxing for Juniors*, a beginner level boxing clinic for kids.

Whether you're a serious boxer who needs a professional teacher, or just wishing to get in shape and have fun, Fred is the instructor for you. From beginners to the professional, his expertise will give you the skills, strength and confidence you need as a boxer!

**ALL SPORT
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