

# Sports and Fitness

## Best Martial Arts Studio



**Adam Colberg, Idris Price and Alex Nechaev from Westport Boxing & MMA**

### **Westport Boxing & MMA**

**275 Post Rd. E.**

**Westport, CT**

**(203) 454-2699**



Westport Boxing and MMA is a gym unlike any other in the area. For starters, they've got a staff of professional fighters to motivate and train clients one-on-one, and they have boot camp programs that turn wimps into warriors in just a couple of months. There are a dozen trainers at the 5,000-square-foot gym, which includes a weight room, boxing ring and kettlebells. "The majority of our programs are for white-collar fighters," says owner Adam Colberg. "But we also have grassroots programs that make it affordable for everyone, with a yearly rate of \$159." That price includes access to the personal trainers. Idris Price -- a linebacker formerly with the Tampa Bay Buccaneers, New York Jets and New England Patriots and currently with the New York Dragons -- is a certified personal trainer who runs the sports training boot camp for aspiring athletes. But pros come in to train with Price too. (Phil Bogle, offensive tackle with the San Diego Chargers, flies in for workouts.) Terry Southerland, with a 23-and-three boxing record, runs the nighttime boxing and mixed martial arts class. "We'd like to share our [Best Of] victory with Team Gracie Sports of Norwalk," says Colberg of the Brazilian Jiu-Jitsu Academy where some of his trainers are members. "They're our brothers."