

BOXING PACKAGES

Professionals and Amateur Boxers Package

Price: \$400 / mo.

Class Duration: 2 Hours

Description: This is a very extensive program, suggested only for people who want to really train and fight at a world class boxing level. It includes at least 4 to 5 days of training per week. This package includes workouts in the boxing gym and outside the boxing gym, sparring sessions, and technique routines with the participation of other boxers. Outside training may include (but not limited to) hill and roadwork. Trips to frequent amateur shows, depending on how well the student picks up on defense and technique.

Days and Hours:

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
N/A	4 – 8 p.m.	4 – 8 p.m.	4 – 8 p.m.	4 – 8 p.m.	12 – 3 p.m.

Private Boxing Lessons

Price: \$100 / hr.

Class Duration: 1 Hour

Description: This is a very extensive program, suggested only for people who want to learn how to fight without the fight. This class caters more towards self-defense, involving intense cardio routines.

Days and Hours: (Call to schedule an appointment)

PERSONAL TRAINING PACKAGES

Personal Training Sessions I

Price: \$200 / mo.

Class Duration: 1 Hour

Description:

- One hour session, two (2) days a week (Time will be shared with other members)
- Fitness through the usage of boxing and/or other fitness equipment
- Boxercise activities include: punching focus mitts, hitting double-end bags and heavy bags, and jumping rope.

Days and Hours:

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
10 a.m. – 3 p.m.	10 a.m. – 8 p.m.	10 a.m. – 8 p.m.	10 a.m. – 8 p.m.	10 a.m. – 8 p.m.	10 a.m. – 12 p.m.

Personal Training Sessions II

Price: \$300 / mo.

Class Duration: 1 Hour

Description:

- One hour session, three (3) days a week (Time will be shared with other members)
- Fitness through the usage of boxing and/or other fitness equipment
- Boxercise activities include: punching focus mitts, hitting double-end bags and heavy bags, and jumping rope.

Days and Hours:

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
10 a.m. – 3 p.m.	10 a.m. – 8 p.m.	10 a.m. – 8 p.m.	10 a.m. – 8 p.m.	10 a.m. – 8 p.m.	10 a.m. – 12 p.m.

* High School and College athletes receive 30% discount off of private lessons, and 20 % discount off of monthly packages.

KIDS PERSONAL TRAINING PACKAGES

Personal Training Sessions for Kids

Price: \$160 / mo.

(Ages 7 – 12 yrs. old)

Class Duration: 1 Hour

Description:

- One hour session, three (3) days a week (Time will be shared with other members)
- Fitness through the usage of boxing and/or other fitness equipment
- Boxercise activities include: punching focus mitts, hitting double-end bags and heavy bags, and jumping rope.

Days and Hours:

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
N/A	4 – 8 p.m.	N/A	4 – 8 p.m.	4 – 8 p.m.	N/A