

LOSE WEIGHT!

BECOME MORE ATHLETIC!

ACHIEVE A BETTER QUALITY OF LIFE!

"EXPERIENCE THE MOVEMENT"

(EX-60)

1 Hr Group Training Class

IS A UNIQUE & INNOVATIVE FITNESS TRAINING STYLE THAT COMBINES FUNCTIONAL STRENGTH TRAINING & BOXING CARDIO CONDITIONING EXERCISES. THIS REVOLUTIONARY, HIGH QUALITY TRAINING PROGRAM PROVIDES SUCCESSFUL, EFFECTIVE, & EXCITING WORKOUTS THAT WILL IMPROVE OVERALL FITNESS. THIS IS A ONE HOUR GROUP TRAINING SESSION THAT WILL BE OFFERED SEVERAL TIMES DURING THE WEEK.

CHECK THE SCHEDULE FOR DATES AND TIMES.

GROUP TRAINING PRICES:

\$35 / PERSON / HR

\$420 (12 SESSIONS)

"21 MINUTES 2 FITNESS"

1/2 Hr Group Training Class

IS SPECIFICALLY DESIGNED FOR THE PERSON WHO DESIRES A TRAINING PROGRAM THAT PRODUCES RESULTS IN A MINIMUM AMOUNT OF TIME. THE PROGRAM USES 3 SIX MINUTE HIGH INTENSITY TRAINING CIRCUITS THAT WILL GET YOU LOOKING AND FEELING GREAT! GUARANTEED TO INCREASE ENERGY LEVELS THROUGHOUT THE DAY! THIS CLASS WILL BE OFFERED SEVERAL TIMES DURING THE WEEK. CHECK THE SCHEDULE FOR DATES AND TIMES.

GROUP TRAINING PRICES:

\$12 / PERSON / 1/2 HR

\$144 (12 SESSIONS)

CLASSES ARE NOW FORMING FOR JANUARY 2010!

2010 WINTER SCHEDULE

JAN. 11TH - MAR. 22ND

GYM RATES

PRO BOXERS = \$50/ MONTH

NON-PROS / ADULTS = \$30/ MONTH

18 & YOUNGER = FREE*

***RESTRICTIONS APPLY**

BOXING INSTRUCTION

1 ON 1 = \$55/ HR

GROUP (2 OR MORE)

\$30/ PERSON/ HR

FITNESS TRAINING

1 ON 1 = \$65/ HR

GROUP (2 OR MORE)

\$35/ PERSON/ HR

HOURS OF OPERATION

MON-FRI 7AM-12PM

(FITNESS TRAINING)

MON-FRI 8AM-6PM

(BOXING INSTRUCTION)

ALL FITNESS & BOXING INSTRUCTION IS BY APPOINTMENT ONLY!

	Mon	Tue	Wed	Thur	Fri
7am	1 on 1	1 on 1	1 on 1	1 on 1	21^2
730					21^2
8am	EX-60	1 on 1	21^2	1 on 1	EX-60
830			21^2		
9am	21^2	EX-60	1 on 1	EX-60	1 on 1
930	21^2				
10a	EX-60	1 on 1	21^2	1 on 1	EX-60
1030			21^2		
11a	1 on 1	EX-60	1 on 1	EX-60	1 on 1
1130					
12p	1 on 1	EX-60	1 on 1	EX-60	1 on 1



POWERED BY: JOE HAND BOXING GYM

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JOE HOS, NSCA-CPT

CERTIFIED FITNESS TRAINER

DANNY DAVIS

CERTIFIED BOXING INSTRUCTOR