



FITNESS BOXING At RIM Park

Ready for something new, challenging and fun?
Why not see what fitness boxing can add to your
fitness routine!

You don't have to get hit to stay fit!

Boxing is no longer just for competition and athletes. The skills that are required to compete in the ring are easily adaptable to the everyday fitness goals of enthusiasts. To be a boxer you must have **endurance, strength, coordination, and balance**. These same skills are also needed in our daily lives. Anyone can go into a gym and just workout, walk the treadmill, or sit on a bike for hours on end...but if you want to **stimulate your mind** as well as your body, boxing is your best choice.

Through learning the skills of boxing, you will become more mentally alert and develop **special awareness, hand-eye coordination, and core balance**. Through training with a certified Boxing by Syd instructor, you will have the opportunity to learn the basic punches, like the jab, hook and uppercut, and apply them in different combinations and applications in each workout.

The BBSV team trainers bring passion for the sport, and love of fitness to show people how to use boxing to **tone, lose weight, and reach their healthy lifestyle goals**.

Athletic Centre- RIM Park

Starting Jan 5, 2012- On Thursdays 5:30-6:30pm

\$150+tx 10 weeks (**EARLY BIRD before Dec 15**)

\$175+tx 10 weeks (Regular rate)

Equipment required: boxing gloves and handwraps

\$55+tx(boxing gloves and handwraps)

LIFESTYLE BONUS- for and additional \$75 have full access 7 days a week to the Athletic Centre facilities

To register email eryn@boxingbysyd.com or call 519-571- 1BOX(269)

