

- Recreational boxing (membership based) 3 times per week.
 - ✓ 1 hour class in length
 - ✓ suitable for beginners and those interested in boxing for fitness.
 - ✓ This membership is focused on learning the basics and geared more towards the technical aspect of boxing and of course, a great workout.
 - ✓ No sparring involved.

- Women's Boxing (1x) week
 - ✓ 1 hour class
 - ✓ Suitable for beginners and those interested in boxing for fitness
 - ✓ This membership is focused on learning the basics and geared toward the technical aspects of boxing, and of course a great workout.
 - ✓ No sparring involved

- Competitive/Advanced class (membership based) 3 times a week.
 - ✓ 1.5 hours in length
 - ✓ Suitable for those who are committed to competition boxing or athletes with advanced skill. This requires both athletes to be both mentally and physically capable.

Memberships and Prices:

- New members will be required to commit to a 3-month membership when they first sign up. (plus, the \$20 boxing Ontario membership fee)
- Recreational: \$90/month plus the yearly \$20 Boxing Ontario membership fee
- Competitive: \$110/month plus the yearly Boxing Ontario membership fee- competitive rate
- Women's only \$60/month plus yearly \$20 Boxing Ontario membership fee.

Advanced/ Competitive PLEASE READ:

- Competition members will be required to fill out an agreement for training that they will be expected to follow. All competitive members must be registered with boxing Ontario as competitive members and no sparring will be permitted until they are registered, and medicals are done.
- Our advanced program will have periodic fitness and progress testing.
- Our club will be available for extra or open training/ workouts outside of the scheduled class times as permitted. This means that if we are there working with personal clients or small groups, and space is available then members in good standing are free to come and use the space. They are permitted to use the weights or boxing equipment that are not being used by the primary group. This time will be used for independent training, not coaching.

Requirements and Expectations: Advanced or competitive program:

- Show up on time and ready to train. This includes proper equipment, gym attire and water bottle (the club water is not free).
- Competitive members are expected to attend at least 2 training days per week and will be expected to maintain a workout routine outside of the club. (we will be expanding our Youtube channel with workouts and drills for those to follow).
- When a competitive athlete has a fight confirmed and scheduled, they will be expected to attend at least 3 training days a week and complete various timed runs either on training days or on days they are not at the club.
- Our boxers will be the best shape of any club! I was when I was competing, and I expect it out of my athletes!
- If you are part of the competitive team, you will be required to assist with our youth program. Our youth boxing program will be a feeder system into our competitive team.