

BEL Boxing Club

Your instructors are well versed in the art of boxercise, and want to help you to achieve your goals of fitness. You will be shown many different moves related to boxing and shadow boxing. It is all non-contact and will give you a total feeling of fitness, as you grow in cardio, strengthen your heart and vascular system, tone your muscles, and watch weight loss take place. You will enjoy your time with the class...

Other activities @ BEL Boxing:

Boxing:

Male and Female,

Monday, Tuesday, Thursday ,

6:30—8:30 p.m.

Saturday 10:00 am—12:00

Yoga:

Wednesdays

7:00—8:00

BEL BOXING CLUB

www.belboxing.com

**Gym: Lakeview Plaza,
874 Ward St. Bridgenorth, Ont**

Call Laurie @ 705-768-0340

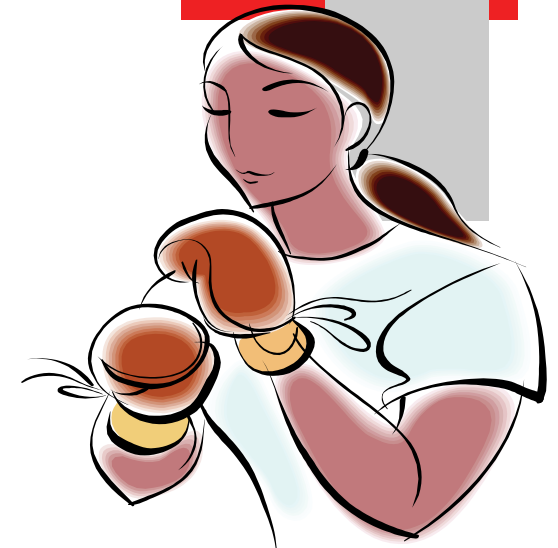
or (705)292-6767

Gym: 296-2350

BEL BOXING CLUB

Ladies Boxercise Class

Exercise creates health



**Mon and Wed
6—7 pm**

Welcome to Ladies Boxercise!

We would like to take this opportunity to welcome you to the great road to fitness. Activity and physical fitness is a feeling like no other—our bodies definitely respond to flexibility and movement and exercise! Exercise will reward you with great feelings of accomplishment and pride as you watch yourself change, in just a matter of weeks! The only race you have is your own personal goals—we will provide the arena and instruction, you provide the dream of fitness and toning...summer will be here before you know it! Enjoy!

Our Classes...

Our classes are on Mondays and Wednesdays at 6:00 pm sharp... you will need to sign a club waiver and sign a Boxing Ontario application as a Recreational Member. This will cover you under our insurance while you are working out on our premises. You may view our insurance on our website at www.belboxing.com Go to our links and look up 'our insurers'.

Please plan to arrive early your first night to take care of sign in, and questions, etc., call ahead.

What we do...

We cover moves associated with women's boxing (non-contact) and self defense; we will cover stretching and calisthenics, and certain plyometrics.

Hours and Days and Cost...

Our sessions are Monday and Wednesday evenings, 6 pm to 7 pm ... cost is \$50/month + \$5/year registration to Boxing Ontario to cover you for our insurance.

Let us introduce you to...

People are fascinated by the art of boxing, kickboxing and martial arts. These artforms are a full body involvement sport, so you will notice all areas are involved in the practices: aerobics, muscle strength, timing and agility. Boxercise is a perfect way to ease you into the sport and give you a feel of what it is about. We won't push you beyond

where you want to go, you are your own boss... but push yourself further than where you are now, and each time your body will respond and adapt.. You will work out in a real boxing gym, for two evenings a week (Monday and Wednesday) in the same gym that champions train for upcoming bouts.

Suggested Equipment...

We recommend you wear normal workout attire; running shoes, shorts, and t-shirt. Skipping ropes and any equipment will be provided.

Training session...

We will start with skipping and then stretching, and train in interval training, that is 2 minutes on and 1 minute rest. We will work on upper body strength, general fitness, calisthenics, and shadow boxing, all non-contact. You will feel a definite difference in health as you are encouraged and helped along the workout..

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