

REAL HEAVY BAGS

REAL
RESULTS

Tone muscles

GREAT CARDIO

**BURN UP TO
800 CALORIES**

1 on 1 Sessions

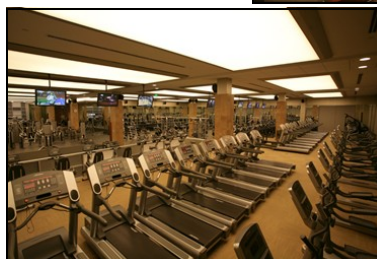
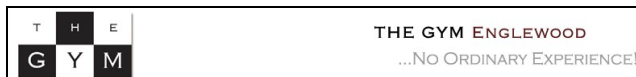
1 session	\$75
6 sessions	\$420 (save \$5 per session)
12 sessions	\$780 (save \$10 per session)

Partner Sessions

Price per person

1 session	\$53
6 sessions	\$288 (save \$5 per session)
12 sessions	\$516 (save \$10 per session)

Book your appointment TODAY



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Box Fit

ELITE FITNESS KICKBOXING

"Come Get Some"



**Burn up to 800
calories per workout**



Box Fit...ELITE FITNESS KICKBOXING

Burn up to 800 calories per workout

Introduction

F.A.Q.'s

Box Fit is the ultimate kickboxing experience. It is an energetic workout that captures the strengths of boot camp, cross training, and sport specific exercises combined with the fun style of cardio kickboxing on heavy bags. Box Fit will guarantee to push your body to its limits with noticeably quick, amazing results. Our instructors will motivate you through a 60 minute workout that will burn up to 800 calories. This specialized training is *developed for all fitness levels* which will allow you to work at your own individual peak performance.

Box Fit is a sport specific, one on one training session, that keeps you electrified the entire 60 minutes. It is action packed with non-stop moves, so there is never a dull moment. Group sessions are a fantastic way to stay motivated. The best part, it will SAVE YOU MONEY AT THE SAME TIME. Now what is better than that?!

You can expect to learn the basic techniques of kickboxing / Muay Thai. Punches, kicks and use of your elbows and knees are just a few of the exciting things you will learn. Working on the heavy bag and use of the boxing mitts will be taught as well. Each session is individualized and clients will constantly progress to a more advanced level.

Box Fit is designed to help you reach your full fitness potential in a safe, energetic, and positive atmosphere. Through Box Fit you will look and feel amazing. Experience what you are missing...Box Fit...ELITE FITNESS KICKBOXING...COME GET SOME!!!

*Heavy bag gloves and wraps required. (Boxing, Kickboxing or MMA)

I have no experience with this type of workout. Can I do this?

Yes. Get your physician's approval, observe the instructors session or try it out. Listen to the instructions and watch the technique for a safe and effective workout. Be patient and understand that martial arts technique at first seems very awkward. This does not mean that you are not getting it but rather, different muscles are learning to work differently.

I am not flexible and cannot kick high. Does this disqualify me from this workout?

No. Your flexibility and range of motion will gradually increase with the workouts, the stretching, and cool down. The instructor might be a high kicker to demonstrate the skill and results of hard work but, this is mostly to inspire you and not to discourage you. In the meantime, there are modifications to high kicks such as knee raises or low kicks that still work the same leg and hip muscles. Just remember that a low kick is just as effective as a high kick.

Can I loose weight with the Box Fit program?

Yes. *Muscle and Fitness Magazine* has rated Cardio Kickboxing as the top fat burning workout at an average of 1000 calories per hour. Results may vary depending on body composition.

Will I gain weight with the Box Fit Kickboxing Program?

Not necessarily. However, it should be understood that Cardio Kickboxing has a strength conditioning component that produces lean muscle. Lean muscle weighs more than fat but, burns more calories than fat. It is possible to initially gain during this toning and firming phase that in turn, accelerates the metabolism. This is facilitated with proper diet and lifestyle.

How long does it take to get results with Box Fit?

Results are almost immediate depending on the frequency, intensity, and duration of your workouts. Within the first week, you will notice an increase in energy level, the next week, a change in the way your clothes fit, and by the third week, check the scale! Results may vary.