



# Boxing for Fitness



Gain the health and fitness benefits of boxing without hiring a personal trainer or taking out a gym membership. Here's how!

**Boxing for fitness uses focus pads, speed balls, floor to ceiling speed balls punching bags, core stability exercises and more.**

**Learn authentic boxing based techniques to improve fitness, co-ordination and mental focus in self-paced small group sessions.**

**Aiki-Centre provides an enthusiastic, safe and enjoyable training environment.**

## Enjoy our Quality Equipment & Facilities



- Increase fitness & stamina
- Improve boxing technique
- Gain focus and control
- Reduce stress
- Improve muscle tone
- Gain strength & core stability
- Enjoy the health benefits



### Cost Options

**'Have a Go' 3 Class Pass \$40**

Valid for 2 weeks

**5 Class Pass \$72**

Valid for 1 month

**10 Class Pass \$135**

Valid for 3 months

**3 Month 'unlimited classes' \$290**

Great value for those doing 2 or more sessions per week.



**'Special' Beginner Pack \$210**

Includes **10 class pass** plus quality leather boxing gloves 10-16oz & wraps (Valued at \$235)  
Pass Valid for 3 months

**Quality leather boxing gloves 10 to 16oz with wraps \$100**

**Ask about our 45 min Personal Training Sessions (Boxing Specific) - POA.**

### Class Times

See over for centre timetable for boxing sessions.

### Location

Aiki-Centre - 44 Lynch St. Hawthorn

**9815 3388**

[www.aikicentre.com.au](http://www.aikicentre.com.au)

## **Aiki-Centre - Aikido and Boxing Training Timetable**

If Aiki-Centre is **closed** you are welcome to visit during session times and watch a class. Visit [www.aikicentre.com.au](http://www.aikicentre.com.au) for more information, phone or email us if you have any questions.