



Non-Contact Boxing | Kickboxing | TRX

A Fitness Club with Punch

York University Staff Officer

First Class Free!!

\$49.95 Membership for Life!!!

Who is B-Fit Boxing

We're a premier **Kickboxing/boxing and cardio exercise gym**; which maintains a strong commitment towards individual goals in our many class structured workout programs for those seeking to achieve a healthier lifestyle. Check out how recreational boxing mixed with a cardio workout will get you ready for a workout that will change how you feel.

York University Preferred Rate Program

The Preferred Rate Program is designed to encourage Staff members to participate in a more healthy and active life style.

Program Offer

- First class free with no obligation.
 - **\$49.95** per month for **life** on an annual commitment
 - Unlimited classes with certified instructors.
 - Member option to purchase boxing gloves at a reduced price.
 - Free parking.
 - York University staff identification is required at the time of registration.
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B-Fit Boxing Class Description

Power Hour

This class is the signature of B-Fit Boxing. In the first 15 minutes you'll get your muscles ready for an intense workout. Be ready to jump through our agility ladder, jog, squat, lunges, perform push-ups and press. It's all about functional training! Next 30 minutes are high intensity intervals on the boxing bag! Expect eight 3 minute rounds of boxing/kickboxing routines, followed by 1 minute of active rest to keep your heart rate up and calories down. Finish up with 15 minutes of core conditioning exercises using different props followed by a cool down period.

TRX /BOX

30 minutes on a TRX Suspension Trainer. It strictly uses bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously. Then 30 minutes on the bag with various boxing drills.

An excellent way to burn fat and sculpt your body. Let's get ripped!!!

Box Boot Camp

This is a full body workout in a circuit format. The gym is set-up with 6 stations targeting different group of muscles. First 15 minutes warm-up will focus on the upper body followed with an intense 30 minutes on the boxing bag, with a 15 minute warm down focused on the lower body.

For additional information on classes or a tour of our premises you can contact us by one of the following:

Contact:

B-Fit Boxing

The Ultimate in Kickboxing/Boxing

Address:

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Membership:

B-Fit Boxing is a member of Canfitpro – Canada's most prestigious fitness association

Class Pictures:



