



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW! BOXING FOR FITNESS PERSONAL TRAINING

Life's A Fight! Be Prepared: Private Boxing Sessions Now Available!

TRAINER: Matthew Ciavirella, Former Competitive Boxer,
2001-2015, Certified Coach

- One-on-One Training or Small Group Training
- Pad Work: Hit the mitts like the pros do
- Use boxing for self-defense and confidence
- Great cardio and endurance workout
- Work on core fundamentals, learn the proper way to throw punches utilizing your entire body to maximize speed, and more!

Rates & Packages	Members	Potential Members
1 Hour Session	\$50	\$70
4 One Hour Sessions	\$180	\$260
8 One Hour Sessions	\$340	\$510
12 One Hour Sessions	\$500	\$720
One Hour Small Group (2 People Max)		
1 Hour Group Session	\$35/each	\$50/each
4 Group Sessions	\$120/each	\$135/each
8 Group Sessions	\$230/each	\$245/each
12 Group Sessions	\$330/each	\$345/each

EQUIPMENT REQUIRED:

- Boxing Gloves (the most essential thing you can have for class)
- Boxing Hand Wraps (Hand wraps are important for your safety)

Unused sessions expire 6 months from date of purchase. Private Boxing Sessions are non-refundable.

**TO BOOK A PRIVATE BOXING SESSION,
SEE THE WELCOME CENTER.**

Questions? Please Contact:
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