

BoxCardio



BoxCardio is a circuit of all Boxing skills and cardio and is one of the most effective forms of cross training available today.

TIMES

Monday and Wednesday - 6.30pm to 7.30pm

Tuesday and Thursday—12.15pm—12.45pm

QUALIFIED
COACHING

COSTS

Adult Member: \$6 per session; Junior Member \$4.50 per session.

Ten (10) Visit Member Training Card: Adult \$55; Junior \$40

Lunchtime classes \$4 per session.

MEMBERSHIP FEES

Adult \$30.00

Junior (under 18 yrs-Req. Parent/Guardian
authorisation) \$20.00

Family \$60.00

Senior (Show Seniors Card) \$6.00

Membership is for 12 Months.

BoxCardio Equipment on Sale at the Club

Hand Wraps \$110 a pair; Skip Rope \$6.60 each

Inner Cotton Gloves \$2.50 a pair

EQUIPMENT REQUIREMENTS

Towel

Water bottle

RULES

- ✓ Must be a PCYC Member.
- ✓ Must check in at Reception on arrival and show Membership &/or Training Card.
- ✓ Read and abide by Conditions of Entry rules (sign located in foyer).
- ✓ No Towel - No Workout. Towels available for hire at \$1.10 each.
- ✓ Equipment must be wiped down immediately after use.
- ✓ When using benches, seats & mats, Towel must be placed between body & equipment.
- ✓ Ensure all equipment & personal items are not blocking walkways and is safe for yourself and all other users.