

Boxing (With Trainer)



ACTIVITY INFORMATION BROCHURE

TIMES

Monday to Friday : Group training classes 4.30—6.30pm

COSTS

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

One (1) Month Member Training Card \$70.00

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

EQUIPMENT REQUIREMENTS

Towel
Water bottle
Training Mitts
Hand Wraps
Skip Rope

Boxing Equipment on Sale at the Club

Pre-curved Training Mitts - \$33 pr
Hand Wraps - \$10 pr; Skip Rope \$6.60 each;
Cotton Inner Gloves \$2.50 pr

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/Floor must be wiped down immediately after use.
- ✓ Barbells, Weights Bars etc must be returned to racks immediately after use.
- ✓ When using benches and seats, Towel must be placed between body and equipment.
- ✓ Ensure all equipment & personal items are not blocking walkways and is safe for yourself and all other users.