

## BoxCardio

BoxCardio is a circuit of all Boxing skills and cardio.  
2 minutes per skill with a 30 sec break.

**QUALIFIED  
COACHING**



### TIMES

Monday to Thursday - 6.40pm to 7.30pm

### COSTS

Adult Member: \$6 per session; Junior Member \$4.50 per session.  
Ten (10) Visit Member Training Card: Adult \$55; Junior \$40.

### MEMBERSHIP FEES

Adult \$30.00;  
Junior (under 18 yrs-Req. Parent/Guardian authorisation) \$20.00;  
Family \$60.00;  
Senior (Show Seniors Card) \$6.00.  
Calendar Year Membership - Expires 31st December every year.

### EQUIPMENT REQUIREMENTS

Towel  
Water bottle  
Aerobic Mitts

#### **BoxCardio Equipment on Sale at the Club**

Aerobic Mitts - \$35 a pair  
Hand Wraps - \$10 a pair; Skip Rope \$6.60 each  
Inner Cotton Gloves \$2.50 a pair; Water Bottle \$2 each

### RULES

- ✓ Must be a PCYC Member.
- ✓ MUST have Entry number to enter class.
- ✓ 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.
- ✓ Training Cards are not valid in a new calendar year until Membership is paid.

### OTHER INFORMATION:

We are NOT Government Funded. We are a registered charity. Donations of \$2 or more are tax deductible. Funds are collected by Membership & Activity Fees, Donations, Sponsorship and Fundraising. We ask that you take special care of all the equipment and building that many volunteers and staff have raised funds to purchase and maintain.