

DC Boxing & Fitness

AT ROSNY COLLEGE GYMNASIUM



Session Time :
Thursdays 7:00pm to 8:00pm

- **Boxing Fitness & Technique.**
- **Fight Your Way Fit with non-contact Focus Pad Sparring.**
- **Friendly Atmosphere – social interaction – all inclusive.**
- **Training tailored to all levels of fitness – from *Beginners* to *Advanced Tournament Boxers*.**

TRAINING SESSION FEE RATES

Extra Training & Special Rates Provided for Registered Tournament Boxers

Single Rate per Session: \$10.00

Parent & Child Rates per Session: \$18 per 2 family members

\$24 per 3 family members

\$28 per 4 family members

Minimum training age: 7 years; Children under 9 years to be supervised by a parent or guardian.

Registration Forms for those under 18 years to be signed by a parent or guardian.

Please bring: Sports Shoes; Hand Wraps (glove type okay); Towel; Water Bottle

Contact David Collins, Head Coach - Email: dcboxing@yahoo.com.au

Mobile: 0414 48 1959 after 5.30pm



Nick Atwell & David Collins