



Sample of Classes

All boxing classes are aimed to improve skill while getting a total body workout. Boxing can enhance physical and mental health. All classes are NO sparring. Students will shadow box, hit the bags, and run drills with coaches.

Women's class:

This class is tailored towards empowering women through strength, endurance, and technique training. Boxing fundamentals and drills will be taught as well as incorporating a variety of cardio and strength exercises. Come enjoy this interactive workout that helps manage weight, builds and tones muscle, as well as strengthens and boosts confidence.

Boxing Fundamentals:

New to boxing? No worries! This class focuses on the basics of boxing. In this class, you will learn the boxing technique, shadow boxing, proper footwork, and much more. This fun educational workout is designed to help beginners gain confidence in their boxing skills while challenging them in a cardio and strength workout.

Intermediate Boxing:

After learning the basics, this class will continue to explore different boxing combinations, techniques, and strategies. Incorporated in the class will be a mix of cardio exercises, boxing combinations, and drills with a coach.

Advanced Boxing:

This class focuses on maintaining the technique as well as learning offensive and defensive strategies. HIIT exercises paired with challenging boxing technique is meant to increase heart rate to succeed at your highest potential. This total body workout is designed to kick butt while refining skills. Master the art of boxing and try out this class!

All levels:

This class aims to engage all levels of boxers. From cardio exercises to boxing combinations, this easy to follow class is a total body workout for everyone. Come enjoy this interactive workout that helps manage weight, builds and tones muscle, as well as strengths and boosts confidence!

Youth:

Focused on fun, this youth boxing class includes a workout designed to keep you busy while incorporating boxing technique. This class engages kids in boxing through fun exercises, combinations, and music. This class encourages and empowers children to strengthen their bodies and minds while instilling focus, determination, and respect for the class.

Potentially put an age limit on classes



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1 Olympic Plaza · Colorado Springs, Colorado 80909
(719) 866-2300 · FAX: (719) 866-2132 · Website: www.usaboxing.org



Under 12: This engaging class is meant to boost confidence, improve focus, and build strength and endurance. Boxing enhances hand-eye coordination, footwork, agility, and strength while being both an aerobic and anaerobic sport. Continue to build skills, stay in shape, and enjoy a challenging new sport with this class. This is also a great opportunity for athletes to cross-train during the off season of their sport.

Over 12: Whether you want to take boxing to the next level or continue to use its benefits as a part of your training, this class takes a deeper dive into building muscle and endurance, strengthening the mind and body, while providing an encouraging and positive team environment.

Small group:

Capped at 5 people, this class is aimed to meet individual needs through an intense workout. Included in the class is individual time with a coach, partner exercises, and tailored training to improve technique and skill.

Open Gyms:

Come enjoy our facility at our open gym. This time allows you to work on specific skills, get a workout, and get some extra time on our equipment. While staff will be around, this time is for you.

Private and semi-private lessons:

Want to take your boxing training to the next level? Schedule a 30-minute or 60-minute private or semi-private lesson with one of our skilled instructors. In these training sessions, you can gain the individual attention you need to focus on improving your skill.



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