

BOXING CLASSES



SHE BOX Strengthen and sculpt your body. Female specific, non-contact boxing techniques that tone and define muscles. Simple format allows you to work to capacity; burn calories fast!

MIX BOX Fitness uses simple non-contact boxing moves. Develop aerobic, anaerobic and muscular endurance plus core strength. Shadow box, pad and bag work plus exercises.

LUNCH BOX Fantastic body conditioning lunchtime boxing class: punchout all your daily stress and burn calories! Suitable for men and women of all fitness and skill levels.

POWER BOX Step up to the pro rank with 12 x 3min rounds of heavy bag work. Where endurance meets anaerobics – a great way to build stamina in legs, lungs and shoulders.

PADS & ABS Time to HIT the pads! Working in pairs, Pads & Abs will help you hone your hand/eye co-ordination through timed shots and combinations! Back that up with some serious core work to take your rotational skills up a level!

 **HIT TURBO!** This class is a NZ First and only available at 1MR. Using the TURBO Staff sponsored punch trackers, class athletes will be able to see their strike intensity, punch count and average speed on the screen during the class! See how you are tracking, when you slacked off, and when you pushed your boundaries! You choose your competition - you or your next door neighbour - Time to turn up the heat and HIT the TURBO button!

TECH BOX NOVICE Are you NEW to getting your HIT of FIT at 1MR? Are you keen to learn basic boxing fundamentals, so you can go harder in classes? Or perhaps keen to get a boxing basics refresher? Introducing TECH Box Novice - a class designed to teach you the 1MR boxing fundamentals.

NON-BOXING CLASSES



TRX SUSPENSION TRAINER A workout system leveraging your bodyweight providing greater performance and functionality. Develop boxing fundamentals of strength, balance, flexibility and core stability.

FIT Circuit Fight Intensity Training. High intensity stationed workouts inspired by boxing fundamentals.

POWER BLAST High intensity training at its heart racing best! Circuit exercises using body resistance to get you at your leanest and meanest. Boxing free, but it'll still KNOCK YOU OUT!

FOAM ROLLER This is a 30 minute class using your own body weight on the Foam Roller enabling you to perform self massage, myofascial release, break up trigger points, soothe tight fascia, and increase blood flow and circulation throughout the body.

FLEX is where functional body movements come together to create a dynamic class using the core fundamentals of yoga and pilates. Working on basic poses and breathing, with moves that will develop body awareness & connection for improved mental and physical power, flexibility and control.

CONTACT INFORMATION



ADDRESS 166 St Asaph Street

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★ ★ ★ **BOXING** ★ ★ ★
★ ★ **FITNESS CENTRE** ★ ★ ★

CLASSES ★ **TRAINING**

★ The **AWESOME** effective way to get super fit! ★

**GET
FIGHTING
FIT**

★ ★ ★ ★ ★ **box fitness classes** ★ ★ ★ ★ ★
★ ★ ★ ★ ★ **1 on 1 groups** ★ ★ ★ ★ ★
★ ★ ★ ★ ★ **personal training** ★ ★ ★ ★ ★
★ ★ **boot camps** ★ **8 week camps & more** ★

www.1moreround.co.nz

1 MORE ROUND - CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6.00am	MIX BOX TRX	POWER BOX TRX	F.I.T 	TRX 	PADS & ABS POWER BLAST	7.00am	
9.30am			SHE BOX		F.I.T	7.30am	FOAM ROLLER <small>(30mins)</small>
1.00pm <small>(45mins)</small>	LUNCH BOX		LUNCH BOX	12.45pm F.I.T	LUNCH BOX	8.00am	F.I.T POWER BOX
5.30pm	POWER BLAST MIX BOX	SHE BOX FLEX	MIX BOX TECH BOX NOVICE	POWER BOX FLEX		9.00am	MIX BOX
6.30pm	POWER BOX		PADS & ABS	MIX BOX		10.00am	SHE BOX

Come & experience the 1MR360 fighters training programme. Push yourself both physically and mentally and discover your fighting spirit!

PRICES



CLASSES

Casual\$20
Concession Card (10 classes)\$160

MEMBERSHIP

Unlimited Timetable Classes.....\$40 weekly

BOOKINGS



ONLINE

www.mindbodyonline.com/login
(search '1 More Round Boxing Fitness Centre')

APP

1 More Round Boxing Fitness (Available on Apple and Android)

WE ALSO OFFER



- Boxing PT - 1-on-1 / Pairs / Small Groups
- Corporate Groups
- Youth Boxing Academy
- Contenders Club / 8 week training camp