

## 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!

**TURBO BOX** **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.

## CONTACT INFORMATION



**ADDRESS** 166 St Asaph Street

**MOBILE** 021 2 RUMBLE (021 2 786253)

**EMAIL** admin@1moreround.co.nz



★ ★ ★ **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](http://www.1moreround.co.nz)

# 1 MORE ROUND - CLASS TIMETABLE



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

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

## PRICES & BOOKINGS

### ONLINE

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

### CLASSES

Casual .....\$15  
Concession Card (10 classes) .....\$120

### APP

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



Casual .....\$20  
Concession Card (10 classes) .....\$180

### MEMBERSHIP

\$30 weekly  
(3 month contract. Includes: Unlimited timetable classes)



## WE ALSO OFFER



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