

CLASSES



CALISTHENICS are body weight exercises, that consist of a variety of movements often without equipment or apparatus - This class is designed to increase body strength, flexibility through movement. Expect to perform pulling and pushing exercises, using only your bodyweight, bending, jumping as well as swinging and hanging. This type of training is known to increase motor skills such as balance, agility & Co-ordination, which will only make you better in the ring!

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

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.

HIIT Body resistance High Intensity Interval Training using primal movement patterns catered for all levels of fitness and abilities. This class is all about pushing your physical and mental comfort zones leaving you with your endorphins raging and those long lasting after burn effects.

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.

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.

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!



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!

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.

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!

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

TRX MOBILITY This is where functional TRX movements and bodyweight exercise come together, the aim is to lengthen and strengthen muscles and increase Range of movement in the body. This dynamic class focuses on the Core, Hips, Shoulders, balance and breathing. All important elements for boxing performance.

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

1 MORE ROUND - CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6.00am	MIX BOX TRX	POWER BOX TRX	PADS & ABS F.I.T	MIX BOX TRX	PADS & ABS POWER BLAST	6.30am	HIIT
9.30am			SHE BOX		SHE BOX	7.30am	FOAM ROLLER (30mins)
1.00pm (45mins)	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 CALISTHENICS	MIX BOX TRX MOBILITY	POWER BOX CALISTHENICS		9.00am	MIX BOX
6.30pm	POWER BOX	POWER BOX	PADS & ABS	MIX BOX		10.00am	SHE BOX

The Fitness Centre is made up of three different training area's that will assist in developing **ALL** the aspects of the sport of boxing.

BOXING ZONE:
Mental strength, endurance, speed, agility, high intensity

H.I.R.T ZONE:
Strength, power, high intensity, balance

MOVEMENT ZONE:
Flexibility, balance, breathing, recovery, stretch

BOOKING



APP 1 More Round Boxing Fitness

ONLINE

www.mindbodyonline.com/login

search '1 More Round Boxing Fitness Centre'

PRICES



CLASSES

Casual\$15

Concession Card (10 classes)\$120

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