

Please arrive 10 minutes early to get settled.

Bring gloves, hand wraps, towel and water. Water is also for sale at the studio for \$1. It is very important to drink plenty of water before and after class.

We offer gloves and wraps for you to use at the first class. Once you become a member, you will want to invest in your own hand wraps and gloves. Both are sold in our pro shop.

Wear comfortable clothing (yoga pants, tank top, shorts).

Please CARRY your class shoes into the studio. ESPECIALLY IN THE BAD WEATHER! You may wear sneakers in class, although boxing shoes are preferable, but please CARRY them in!

Do not eat immediately prior to class, nor should you work out on an empty stomach.

Best practice is to eat 30 - 60 minutes before class. Healthy PRE-WORKOUT snacks include Whole wheat toast (or gluten free bread) with peanut butter & banana, a Smoothie, oatmeal with fresh fruit, just to name a few. Carbs are your gym BFF. The key is to have a mixed bag of complex & simple ones so that the release of energy during the workout is slow and steady!

Be prepared to sweat.

Upon arrival, check in at the front desk and fill out a Pink Card. You may leave your bags behind the gate or carry them with you to the ring. If you have never boxed before, you will first be attending BOXING 101, our 60

minute Beginner Boxing class where you will spend the first 30 minutes learning the fundamentals and the last 30 minutes implementing them on the heavy bags! Pre-Registration is required. If you forgot to sign up, please ask at the desk if there is space available as we limit to class in order to ensure you get individual attention!

You are encouraged to take our BOXING 101 classes several times until you feel comfortable and ready to try our signature, fun, fast-paced boxing classes. Please inform us at the Front Desk when you are attending your FIRST non-BOXING 101 class. We will pair you up with one of our seasoned - members (SB Ambassadors we like to call them!) through our “SB Buddy System”. They will guide you if you feel lost, encourage you if you feel like quitting or simply be a familiar face in an unfamiliar crowd.

And REMEMBER... whether this is your first boxing class, or if you have not exercised in a while, go at your own pace! Our classes are mixed levels. You will find beginning students along side of advanced boxers. You are NOT expected to keep up with anyone else. The only person you are competing against is yourself!

Although we want you to get a great workout, it’s important that you focus on maintaining proper while having fun!

And If you feel faint, do NOT push yourself! Stop, walk around, get fresh air, tell someone how you feel. It is imperative that you listen to your body and not attempt to keep up with the others!