

STRIKING BEAUTIES WINTER SCHEDULE

Pre-Registration required - text **617-308-9749** to register!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00			Below the Belt <i>60 min.</i>		12 Rounds <i>60 min.</i>		
8:30		Training Camp <i>60 min.</i>		Million Dollar Baby <i>60 min.</i>			
9:00						Glutton for Punishment <i>45 min.</i>	
4:00	12 Rounds <i>60 min.</i>		Million Dollar Baby <i>60 min.</i>				
5:00		Heavyweight <i>60 min.</i>	Boxing 101 <i>30 min.</i>	Heavyweight <i>60 min.</i>			
5:30							
6:00	Below the Belt <i>60 min.</i>	Shelito's Way <i>60 min.</i>		Gloves Off, Mitts On <i>60 min.</i>	Shelito's Way <i>60 min.</i>		Shelito's Way <i>60 min.</i>
7:00	Co-Ed Open Gym/ Boxing Club	Co-Ed Open Gym/ Boxing Club	Co-Ed Open Gym/ Boxing Club	Co-Ed Open Gym/ Boxing Club	Co-Ed Open Gym/ Boxing Club	Co-Ed Open Gym	Co-Ed Open Gym

Updated 12/7/2021

Class Descriptions

**Class schedules change. Not all classes on this list may be scheduled every month. Check the current schedule on our website and social media to see what fun, kick-ass classes we are holding this month!*

Boxing 101 (60 min)

Beginner. Striking Beauties' boxing is not just about doing it, but doing it RIGHT! The first half of class reviews terminology and fundamentals of boxing, while the second half of class allows you to shadow box, hit the heavy bag and do pad work. Boxing 101 is an indispensable class for beginners, or those who want to refresh their skills. Members can continue to take this class until they feel comfortable enough to move up a level.

Training Camp (60 min)

All Levels. Designed to get you into the best physical AND mental shape of your life! Warm-up with a few rounds of jump rope, practice your basic moves while shadow boxing then work it hard on the bags! Throw in some mitt work and finish up with our hardcore abs exercises! Whether you want to become a boxer, or just train like one, Striking Beauties' Training Camp class guarantees you'll walk out the door feeling physically stronger, better conditioned and radiating self-confidence!

12 Rounds (60 min)

All Levels. Challenge yourself with this incredibly fast-paced, non-stop cardio class that demonstrates why boxers are the most conditioned athletes in the world. Warm up, then jump into 12 three-minute rounds of intense, non-stop boxing, kickboxing, strength & conditioning. You will feel like a Champion!

Bags and Barbells (60 min)

All Levels. When you only have time for one workout, THIS is the one! First 1/2 of class is all about warming up and getting sweaty with rounds on the heavy bag. Then it is GLOVES OFF for 30 minutes of strengthening with dumbbells and barbells.

Below the Belt (60 min)

All Levels. SB's kickboxing is all about power moves and endurance training designed to strengthen your legs and core. This mind-blowing workout gives you the most comprehensive physical challenge!

Boxing Conditioning (30 min)

All Levels. There is no rest in this class. Go from bag work to push ups to squat jumps in minutes. You will have an intense conditioning workout to get you ready for the boxing ring or the beach!

Boxing Drills (60 min)

All Levels. Work on getting faster and building up your anaerobic threshold. This is an intense non-stop class.

Gloves Off, Mitts On (60 min)

All Levels. Partner up for this high energy blend of boxing and mitt work! While you box and build on the combinations, incorporating defensive moves , your partner will perfect holding mitts. After a few rounds, it's gloves off and mitts on for you!

Glutton for Punishment (60 min)

All Levels. This intense bootcamp mixes up stations of cardio, ab work, plyometrics and weights for a non-stop circuit of ultimate calorie burning and toning exercises!

Million Dollar Baby (60 min)

All Levels. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.

Heavyweight (60 min)

All Levels. The Heavyweight comprises 2 classes for a 6 week small group training program. Each week you will repeat the same workout, but with our focus on improving strength and endurance, you will increase the weight and decrease the reps. Guaranteed to make you stronger while maintaining safe and proper form.

Punch & Crunch (30 min)

All Levels. Give us 30 minutes and we will give you your daily allowance of punching, crunching, and sweating! Our express work-out will satisfy even the biggest athletic appetite!

Shelito's Way (60 min)

Advanced. Taught by professional boxer, Shelly "Shelito's Way" Vincent. Designed for the student who is ready to push it to the next level! In this class we work multiple punch combinations, explosive footwork drills, shadow boxing with a partner (light contact optional), slip and block techniques and of course lots of intense bag work!

Sparring

Advanced. Are you ready to step into the ring? This full contact class will teach you how to work the ring and follow a fight plan as well as provide you the opportunity to spar against other students under the guidance and supervision of our qualified instructors who are all professional or amateur boxers. Students MUST have their USA Boxing membership.

Youth Boxing

Dedicated to instilling in our children the values of focus, determination, discipline and perseverance. More than simple "boxing lessons", this program is a workshop in developing skills!

Little Strikers: Ages 5-10

Teen Boxing: Ages 11-17