



## CLINTON WOODS

### BOXING FITNESS GYM

Whether you're looking to improve your fitness, interested in learning to box or keen to take your training to another level, let Sheffield's former World Light-Heavyweight Boxing Champion Clinton Woods show you how to do it the right way.

The Clinton Woods Boxing Fitness Gym offers a unique range of fitness and boxing classes, including:

- Kids boxing sessions
- Women-only fitness classes
- Contact or non-contact classes for adults
- Open boxing gym sessions for adults
- Dedicated sessions for professional boxers

Classes, led by Clinton himself, provide a fun and challenging total body workout designed to boost your fitness, burn calories and promote weight loss the healthy way.

Outside of classes, clients can also work on their skills and fitness during open boxing gym sessions, where guidance from experienced trainers is available.

One-on-one training or small private classes are available by request.

**Phone: 0114 2474925**  
**Mob: 07580486005**

# TIMETABLE

## SESSION NOTES

	9:30 - 10:30	13:30 - 15:30	16:00 - 17:00	17:15 - 18:30	19:00 - 20:00
<b>MONDAY</b>		Pro Boxing Gym	Kids Boxing	Open Boxing Gym	Women Only Boxing Fitness Class
<b>TUESDAY</b>		Pro Boxing Gym	Kids Boxing	Open Boxing Gym	Boxing Fitness with Body Sparring Class
<b>WEDNESDAY</b>	Boxing Fitness Class (starting 3/10/2011)	Pro Boxing Gym	Kids Boxing	Open Boxing Gym	Women Only Boxing Fitness Class
<b>THURSDAY</b>		Pro Boxing Gym	Kids Boxing	Open Boxing Gym	Boxing Fitness with Body Sparring Class
<b>FRIDAY</b>	Boxing Fitness Class (starting 3/10/2011)	Pro Boxing Gym	Kids Boxing	Open Boxing Gym	

SESSION	NOTES	PRICE PER PERSON PER SESSION
Boxing Fitness Class	Instructor-led class for men and women (not suitable for under 16)	£5
Boxing Fitness with Body Sparring	Instructor-led class with body sparring (not suitable for under 16)	£5
Women Only Boxing Fitness Class	Instructor-led class for women only (not suitable for under 16)	£5
Kids Boxing	Instructor-led boxing for 7-to-15-year olds	£3
Open Boxing Gym	Gym available for general boxing (not suitable for under 16). Boxing trainer available	£3
Pro Boxing Gym	Training for professional boxers, with gym available for use by non-professionals over 15	£3

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