

The BoxFit Experience

All Abilities and Skill levels

WHO WE ARE

The BoxFit Experience is conceived by Edwin Rivera the CEO and co-owner of New York Fitness and Boxing (East Northport). Since opening the studio, it was Edwin's goal to one day offer a non-contact boxing inspired fitness program for all abilities and skill levels. As a father to a special needs child, he understands and appreciates the importance of fitness.

THE PROGRAM



- Benefits include the following;
- On-line Zoom Classes for all abilities
- Weight Loss
- Increase of Lean Muscle Tissue
- Behavior & Mood Improvement
- Improved Confidence & Self-Esteem
- Increase Strength & Stamina
- Improved Focus
- Better Motor skills & Balance
- Social Functioning
- Lesson Hyperactivity and Aggression



This is a "partnered" fitness program, which means two persons should participate in this program. At a minimum, each student must be able to throw punches in the air, rotate their torso, raise their arm(s), lift light weights and follow simple verbal instructions.

Learn the following

- Introduction to BoxFit
- Learning Combination Punching
- Offense and Defence
- Upper Body Training
- Lower Body Training
- Abs and Core Training
- Agility training
- Assessment & Nutrition

Days and Times:

Beginner : Mon & Tues at 4:30pm

Intermediate : Wed & Thur at 4:30pm

Advanced: Wed and Thur at 3:00pm

The on-line and on-site program allows students to access eight scheduled 45 minute sessions per month. You can attend the sessions in person or on-line. The cost is \$100.00 per student (cost covers two persons).

Students may also subscribe to our library of pre-recorded BoxFit trainings for just \$35 per month.

New York Fitness and Boxing LLC

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For Payments refer to:

www.NewYorkFitnessandBoxing.com

