



# CINCINNATI FITNESS & BOXING

## CLASS SCHEDULE & INFORMATION



| <u>MONDAY</u> |            |                       |
|---------------|------------|-----------------------|
| <u>Start</u>  | <u>End</u> | <u>Class</u>          |
| 4:00pm        | 5:30pm     | Amateur Boxing *      |
| 6:00pm        | 7:00pm     | <b>FITNESS BOXING</b> |

| <u>TUESDAY</u> |            |                   |
|----------------|------------|-------------------|
| <u>Start</u>   | <u>End</u> | <u>Class</u>      |
| 4:00pm         | 5:30pm     | Amateur Boxing *  |
| 6:00pm         | 7:00pm     | Strength Training |
| 6:00pm         | 7:00pm     | Kids Boxing       |

| <u>WEDNESDAY</u> |            |                       |
|------------------|------------|-----------------------|
| <u>Start</u>     | <u>End</u> | <u>Class</u>          |
| 4:00pm           | 5:30pm     | Amateur Boxing *      |
| 6:00pm           | 7:00pm     | <b>FITNESS BOXING</b> |

| <u>THURSDAY</u> |            |                       |
|-----------------|------------|-----------------------|
| <u>Start</u>    | <u>End</u> | <u>Class</u>          |
| 4:00pm          | 5:30pm     | Amateur Boxing *      |
| 6:00pm          | 7:00pm     | <b>FITNESS BOXING</b> |
| 7:00pm          | 8:00pm     | Kids Boxing           |

| <u>FRIDAY</u>                              |            |              |
|--|------------|--------------|
| <u>Start</u>                               | <u>End</u> | <u>Class</u> |
| No scheduled classes on Fridays or Sundays |            |              |

| <u>SATURDAY</u> |            |                       |
|-----------------|------------|-----------------------|
| <u>Start</u>    | <u>End</u> | <u>Class</u>          |
| 9:00am          | 10:00am    | Member Sparring       |
| 10:00am         | 11:00am    | <b>FITNESS BOXING</b> |
| 12:00pm         | 2:00pm     | Kids Boxing           |

| <u>CFB Membership Options</u> |       |
|-------------------------------|-------|
| 6 Class Punch Card            | \$60  |
| 11 Class Punch Card           | \$100 |
| 1 Month Unlimited             | \$100 |
| 2 Months Unlimited            | \$180 |
| 6 Months Unlimited            | \$500 |
| 1 Single Class                | \$15  |
| Kids Boxing<br>6 week session | \$250 |

| <u>Website &amp; Social Media</u>   |
|---|
| Website: <a href="http://www.CFBFit.com">www.CFBFit.com</a>   |
| Facebook: Cincinnati Fitness & Boxing   |
| Instagram: CincinnatiFitnessBoxing  |
| Instagram: JeffPerry_UCBoxing   |
| email: <a href="mailto:cincinnatifitnessboxing@outlook.com">cincinnatifitnessboxing@outlook.com</a> |

| <u>By Appointment</u>             |
|-----------------------------------|
| * <b>1-on-1 Personal Training</b> |
| * <b>Private Group Classes</b>    |
| * 5-10 people = ~\$15 per person  |
| * 11+ people = ~\$10 per person   |

| <u>* Amateur Boxing</u>   |
|---|
| Amateur Boxing for High School & University of Cincinnati Boxing Teams. |
| Ask Jeff Perry for information.   |