

# Membership Options

All memberships include full access to our facilities and unlimited participation in our class schedule.

**Day Pass: \$30**

**Class Pass: \$40**

**10 Class Pass: \$300**

**20 Class Pass: \$400**

## Strength Open Gym Unlimited

Strength Open Gym is perfect for those of you who like to compliment your boxing classes with our amazing weight training facilities. You are able to book your time to come in and utilize the weight training area and workout on your own during the allotted times. This is available during the operational hours.

## Boxing Open Gym Unlimited

Boxing Open Gym is perfect for those of you who enjoy coming in on your own to practice the skills you've been learning in classes and do your own routine. You are able to book this area when there are no classes running.

## Pricing [Taxes applicable]

### PROGRAM ONE: 1x a Week [ONE TIME BETTER THAN NO TIME] **\$99/\$129**

This program is great for those looking to just get started, have a very busy schedule, or are you just looking to be pushed HARD once a week while combining open gym and home workouts.

For \$99/\$129 per month, you get to access to ONE class per week, up to 4 classes per month, of any of our boxing classes. This also includes UNLIMITED strength and boxing open gym access with your membership.

### PROGRAM TWO: 2x a Week [DOUBLE THE FUN] **\$99/\$199**

This program is great for those looking to learn new skills, increase strength and athletic conditioning or just turn up the intensity, have fun and get great results.

For \$99/\$199 per month, you get to access to TWO classes per week, up to 8 classes per month, of any of our boxing classes. This also includes UNLIMITED strength and boxing open gym access with your membership.

### PROGRAM THREE: Unlimited [HUF CHAMPION SERIES] **\$99/\$320 NOW \$199!**

This program is great for those who are ready to change their body and make health and fitness a priority. Also great for those who love the sport of boxing and like to learn skills and are looking to eventually spar or become competitive.

..... **Save \$852 per year!** .....

For \$99/\$320 per month, you get to access to an UNLIMITED amount of classes per month. This also includes UNLIMITED strength and boxing open gym access with your membership.

### HUF Advance Warfare **\$99/\$159**

[COMPETITIVE PROGRAM MUST BE LICENSED]

Are you interested in technical and tactical pre-competitive and competitive boxing training?

This program is designed to help you increase your strength, stamina, coordination, dexterity and conditioning. You will learn the sweet science of boxing, offensive and defensive skills.

### Young Heros **\$99/\$129**

HUF's young hero's program is intended for youth between the ages of 7 and 17 years. The focus of the young hero's program is to instill self esteem, discipline, and self-control while learning the sport of boxing and always having fun.

This program will improve co-ordination and dexterity; it will also improve self-confidence, endurance, conditioning, and stamina.

Boxing is a great cross training exercise for other athletic sports such as Basketball, Baseball, Lacrosse, Soccer and Hockey; just to name a few. Our young heroes program follows the LTAD (Long Term Athlete Development) model. ~Training young people to continue with a healthy and active lifestyle!

### Facilities Only **\$99/\$99**

The Facilities Only offers the complete use of our exercise machines, free weights, & Boxing facilities. This is available during the operational hours & does not include any boxing classes.

**All members must be recreational or competitive members of Boxing Ontario**