

HUF GYM PSALM 144

Praise be to the LORD my Rock, who trains my hands for war, my fingers for battle. He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues peoples under me.

\$99/\$99

FACILITIES ONLY

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.

\$99/\$199

UNLIMITED CLASSES

- Unlimited Classes ▪ 24/6 Gym Access ▪ Free Assessment
- Intro To Boxing ▪ Weight Training Intro

Gym Passes

- Day Pass: \$30 ▪ Class Pass: \$40

Class Passes

10 Class Pass: \$300

***SPARRING IS A \$59 ADD ON. ASK ABOUT REQUIREMENTS**

HUF GYM

MEMBERSHIP OPTIONS

Young Heroes

\$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 instil 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.

▪ **8 Classes Per Month** ▪ **Supervised Open Gym Before Classes**

Advanced Warefare *Only for active and current fighters

\$99/\$159

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.

▪ **Sparring** ▪ **Unlimited Classes** ▪ **24/6 Gym access** ▪ **Team Workouts**
▪ **Intro To Boxing** ▪ **Weight Training Info** ▪ **1 on 1 Training With Head Coach**
▪ **Exclusive Team Gear**

All members must be recreational or competitive members of Boxing Ontario

HUF GYM

COACHING OPTIONS

One On One Training Rates

1-12 Session Package: \$95/Session
12-23 Session Package: \$85/Session
24+ Session Package: \$75/Session
1/2 Hour Sessions: \$45/Session

Pro Trainer Rates

1-12 Session Package: \$120/Session
12-23 Session Package: \$110/Session
24+ Session Package: \$100/Session
1/2 Hour Sessions: \$60/Session

Two On One Training Rates

1-12 Session Package: \$150/Session
12-23 Session Package: \$130/Session
24+ Session Package: \$110/Session

Small Group/Private Team Training

Ask For Details