

# SUMMER 2010 2 FREE CLASSES\*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 – 21.30	06.30 – 21.30	06.30 – 21.30	06.30 – 21.30	06.30 – 20.00	08.30 – 13.30	09.30 – 14.30
Bag Bursts and Endurance Skip 07.30-08.15	Bag Blasts with Circuits 07.30-08.15	Extreme Intervals with Core Conditioning 07.30-08.15	MMA Circuit 07.30-08.15	Ground 'n' Pound and Stand Up 07.30-08.15		
Bag Blasts with Circuits 12.10-12.55		Ground 'n' Pound and Stand Up 12.10-12.55		Bag Bursts and Endurance Skip 12.10-12.55	MMA Boot Camp 10.00-11.30	Jamie's Combat Pick 'n' Mix 12.00-12.45
	MMA Circuits 13.10-13.55	Killer Core 13.00-13.30	Circuits 13.10-13.55			
Bag Bursts and Endurance Skip 17.30-18.15			Killer Core 1730-18.00			
Killer Core 18.30-19.00	Ground 'n' Pound and Stand Up 18.00-18.45	MMA Circuit 18.00-18.45	Extreme Interval with Core Conditioning 18.00-1845			
Circuits 19.00-19.45	Extreme Intervals with Core Conditioning 19.00-19.45	Ground 'n' Pound and Stand Up 19.00-19.45	Bag Blasts with Circuits 19.00-19.45			
Thai Boxing 19.45-20.45		Kick Boxing 19.45-20.45	Pure Technique 19.45-20.45			

## FIGHTING FIT CITY GYM

Cornwall House, 31 Lionel Street (Off St Paul's Square) Birmingham B3 1AP

Tel: 0121 212 9461 Web: [www.fightingfitcitygym.com](http://www.fightingfitcitygym.com)

\*Expires Aug 31<sup>st</sup> 2010, Fighting Fit City Gym reserve the right to refuse admission.



# 2 FREE CLASSES\*

WITH THIS FLYER

- ☑ *Beginners welcome*
- ☑ *Shorts & T-Shirts Ideal*
- ☑ *Relaxed, Friendly Vibe*

\*Expires Aug 31<sup>st</sup> 2010, Fighting Fit City Gym reserve the right to refuse admission.

FOR OFFICE USE ONLY

Class Name:

Date:

Class Name:

Date:

## CLASS DESCRIPTIONS



### Extreme Intervals with Core Conditioning

An intense blood shunting class. 3-minute rounds, mixing up punching stations with lower body and abdominal exercises.

### Bag Blasts with Circuits

Mixing up skipping, shadow boxing and bag work. Followed by a traditional body weight circuit.

### Bag Bursts with Endurance Skip

Short bursts of activity followed by a long endurance skip to get the heart pumping.

### Pure Technique

Working purely on developing fundamental techniques, a must for the raw novice through to the experienced boxer.

### Circuits

A conventional old school circuits class. Mixing in body weight exercise with steps, barbells and dumbbells.

### Ground 'n' Pound and Stand Up

5-minute rounds integrating stand up striking and everyone's favourite, the ground 'n' pound.

### Killer Core

Stabilisation drills for the inner core muscles combined with traditional crunching exercises to sculpt abdominal muscles.

### Thai Boxing

Power roundhouse, elbows, knees and punches for those of you with a few anger issues!

### MMA Circuits

5 minute rounds of 'balls to the walls' exercises including kettle bells, power bags, TRX bands and striking drills.

### Kickboxing

Front Kick, side kick and backfist your way to fitness in this energetic kickboxing session.

### MMA Boot Camp

99.9 % need not apply! Striking, ground and stand up drills integrated with circuits and conditioning sets for a high intensity workout.



### FIGHTING FIT CITY GYM

Cornwall House, 31 Lionel Street (Off St Paul's Square) Birmingham B3 1AP  
Tel: 0121 212 9461 Web: [www.fightingfitcitygym.com](http://www.fightingfitcitygym.com)

*Personal Training & Full Gym Membership Also Available*