



IMPACT STUDIO

Impact at Oxford

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM EIGHT COUNT (30)	6:00AM POUND FOR POUND	8:30AM STICK AND MOVE (45)	6:00AM RUMBLE BOXING	8:30AM BOX N BURN (45)	8:30AM RUMBLE BOXING (45)	8:30AM DRILLS AND SKILLS (45)
8:30AM BOX N BURN (45)	8:30AM FOUNDATIONS OF BOXING (45)	9:30AM KICKBOXING (45)	7:30AM FOUNDATIONS OF BOXING	9:30AM STICK AND MOVE (45)	9:30AM FOUNDATIONS OF BOXING	9:30AM ONE STEP/ONE PUNCH/ONE ROUND
9:30AM BOX N BURN (45)	9:30AM BOX N BURN (45)		8:30AM BOX N BURN (45)			
11:30AM GOLDEN GLOVES (45)	11:00AM ROCK STEADY (90)	11:30AM GOLDEN GLOVES (45)	9:30AM FOUNDATIONS OF BOXING			
4:30PM KIDS BOXING (8-13)		4:30PM KIDS BOXING (8-13)	11:00AM ROCK STEADY (90)			
6:00PM KICKBOXING (45)	7:00PM POUND FOR POUND	6:00PM POUND FOR POUND	7:00PM FIGHT NIGHT (45)			

Box N Burn - Boxing workouts can burn as much as 1000 calories per hour. This class is an all-out Burn! 11 rounds of High intensity work, will consist of boxing, strength training using med balls, dumbbells and kettle bells, and 2-3 rounds of core work. **Registration recommended. Personal gloves and wraps required.**

Drills and Skills - From Foundations to Perfection. Learn effective drills to help improve your footwork, punches and correct body mechanics. **Registration recommended. Personal gloves and wraps required.**

Eight Count - Looking for a quick calorie burn before the start of your work day? This high intensity class will consist of 8 - 3:00 minute rounds with a quick recovery. **Registration recommended. Personal gloves and wraps required.**

Fight Night - Get your heart rate up and push yourself to new heights in this cardio heavy bag class. **Registration recommended. Personal gloves and wraps required.**

Foundations of Boxing - A great class to begin with if you are new to boxing. This class focuses on the basics! Working to fine tune stance as well as perfect the punches we use in all our boxing classes. You will still definitely get your sweat on! **Registration recommended. Personal gloves and wraps required.**

Golden Gloves - Designed for the 'mature' athlete that is looking to continue their fitness journey well into their "Golden Years". Boxing mixed with strength training, classes will begin with a 10-minute warm up, 5 rounds of boxing on heavy bags, 4 rounds of strength training and a 5-minute cool down. **Registration recommended. Personal gloves and wraps required.**

Kickboxing - A high energy martial arts-inspired workout. In this class you'll learn how to punch, kick and strike your way to superior fitness and strength. **Registration recommended. Personal gloves and wraps required**

Kids Boxing - Our kids boxing class teaches basic boxing skills and techniques. Designed for kids ages 8-13, this hour-long class will give your child an incredible workout all while having fun. Besides boxing, jump rope, running and strength training will be worked on in every class. **Registration recommended. Personal gloves and wraps required.**

One Step/One Punch/One Round - Work on strength, speed and endurance in this intense 60-minute heavy bag class. **Registration recommended. Personal gloves and wraps required.**

Pound for Pound – The ultimate full-body workout that incorporates boxing with strength and conditioning exercises. Throughout this 60-minute class, develop your technical boxing skills with various basic and advanced movement patterns that will leave you feeling strong, tough, and ready to take on the world. **Registration recommended. Personal gloves and wraps required.**

Rock Steady Boxing - This class is specifically designed for individuals that suffer from Parkinson's disease. High Intensity training has been shown to help improve the symptoms of PD. Only individuals that have met the program criteria will be allowed to participate in this specialized program. **Registration recommended. Personal gloves and wraps required.** Questions: contact Maria Berexa

Rumble Boxing – A class experience designed to transport you into the ring. The class will focus on classic boxing technique that will produce increased muscle endurance, agility, balance and coordination. **Registration recommended. Personal gloves and wraps required.**

Stick and Move - This class will challenge you mentally and physically. Various boxing combinations will be incorporated in each class along with partner mitt work. **Registration recommended. Personal gloves and wraps required.**