



# July Element Boxing Classes

Updated 6/25/24

## Monday

6:00-7:00 am	Roads & Bags	W
10:00-11:00 am	Rock Steady Boxing (Parkinson's Group)	W & A
12:00-1:00 pm	Boxing & Impact	W
6:00-7:00 pm	Road & Bags	S & Machines
6:30-7:30 pm	Competitive	W

## Tuesday

6:00-7:00 am	Lift & Core	A
10:00-11:00 am	Rock Steady Boxing (Parkinson's Group)	W & A
12:00-1:00 pm	Boxing & Impact	W
4:30-5:30 pm	School of Boxing 4-12yrs.	W & A
5:30-6:30 pm	School of Boxing 13-17yrs.	W & A
6:00-7:00 pm	Kick Boxing	Selby
7:00- 8:00 pm	Competitive	W

## Wednesday

6:00-7:00 am	Road & Bags	W
12:00-1:00 pm	Boxing & Impact	W
6:00-7:00 pm	Road & Bags	S

## Thursday

6:00-7:00 am	Lift & Core	A
10:00-11:00 am	Rock Steady Boxing (Parkinson's Group)	W & A
12:00-1:00 pm	Boxing & Impact	W
4:30-5:30 pm	School of Boxing 4-12yrs.	W & A
5:30-6:30 pm	School of Boxing 13-17yrs.	W & A
6:00-7:00 pm	Kick Boxing	Selby

## Friday

6:00-7:00 am	Roads & Bags	W
12:00-1:00 pm	Mitts Advanced	W
4:00-5:00 pm	Competitive	W
6:00-7:00 pm	Road & Bags	W

## Saturday

10:00-11:00 am	Rock Steady Boxing (Parkinson's Group)	S
10:00-11:00 am	Lift & Core	A
12:00-1:00 pm	Boxing & Impact	W

## Sunday

10:00-11:00 am	Lift & Core	A
12:00-1:00 pm	Boxing & Impact	W

Element Boxing Classes are ongoing services. The service will be billed automatically on a monthly basis. There is a 30 Day Cancellation notice required via email.

\*YWCA Programs participants receive a discounted rate for Element class. Please contact Neil Erickson at [NErickson@ywcastpaul.org](mailto:NErickson@ywcastpaul.org) to receive the discounted rate.

### Location Codes:

A = Atrium  
D = Dayton Studio  
S = Selby Studio  
W = Western Studio



# Class Descriptions

**Boxing & Impact:** A beginner friendly class with a focus on boxing skills and technique.

**Kick Boxing:** A beginner friendly class focused technique of Muay Thai kickboxing and/or other styles.

**Lift & Core:** Full body strength training and core work. Classes vary from free weight resistance training to calisthenics circuits.

**Mitts Advanced:** An advanced boxing class to learn holding and hitting hand pads/mitts.

**Roads & Bags:** A beginner friendly class with a focus on cardio and bag work.

**Rock Steady Boxing:** A national program for people with Parkinson's disease. The use of boxing training and Parkinson's specific exercises help counteract symptoms.

**School of Boxing (4-12 Years):** A program for kids to learn the sport of boxing and introduce cardio training. Can include sparring for teens.

**School of Boxing (13-17 Years):** A program for kids to learn the sport of boxing and introduce cardio training. Can include sparring for teens.