



August Element Boxing Classes

Updated 7/22/24

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 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.