



# Element Boxing Classes - September

Updated 9/1/24

## Monday

6:00-7:00 am	Train: Boxing	W
10:00-11:00 am	Rock Steady Boxing (Parkinson's Group)	W & A
12:00-1:00 pm	Train: Boxing	W
6:00-7:00 pm	Train: Boxing	S

## Tuesday

6:00-7:00 am	Train: Strength	A
10:00-11:00 am	Rock Steady Boxing (Parkinson's Group)	W & A
12:00-1:00 pm	Training: School of Boxing	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	Kickboxing	Selby

## Wednesday

6:00-7:00 am	Train: Boxing	W
12:00-1:00 pm	Train: Boxing	W
6:00-7:00 pm	Train: Boxing	S

## Thursday

6:00-7:00 am	Train: Boxing	A
10:00-11:00 am	Rock Steady Boxing (Parkinson's Group)	W & A
12:00-1:00 pm	Training: School of Boxing	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	Kickboxing	Selby

## Friday

6:00-7:00 am	Train: Boxing	W
12:00-1:00 pm	Train: Boxing	W

## Saturday

10:00-11:00 am	Rock Steady Boxing (Parkinson's Group)	S
9:00-10:00 am	Down to Box	W
10:00-11:00 am	Train: Strength	A
10:15-11:15 am	Down to Box	W
12:00-1:00 pm	Train: Boxing	W

## Sunday

12:00-1:00 pm	Train: Boxing	W
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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

**Kick Boxing:** A beginner friendly class focused technique of Muay Thai kickboxing and/or other styles. Improve your kickboxing skills and overall fitness with a class that focuses on effective striking techniques, footwork, and cardio.

**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.

**Train - Strength:** Entry Level strength-focused workout that mirrors the training of pro boxers, focusing on muscular endurance and explosive power!

**Train - Boxing:** Build your boxing skills from the ground up with focused drills that emphasize precision, speed, and power, all while getting a great full-body workout!