

# Element Boxing Classes - December

Updated 11/27/24 (Check with Instructors for Holiday Hours and Class Cancellations)

## 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: 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
10:00-11:00 am	Adaptive Boxing for Youth w/ Down Syndrome 7-17yrs.	W
10:00-11:00 am	Train: Strength	A
12:00-1:00 pm	Train: Boxing	W

## Sunday

12:00-1:00 pm	Train: Boxing	W
3:00-4:00 pm	Adaptive Boxing for Adults w/ Down Syndrome 18+	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

# Class Descriptions

**Adaptive Boxing for Youth with Down Syndrome, Ages 7-17:** A class that is run by top notch trainers that have 3-5 years working in the program. The participants will work on basic motor skills regarding the art of boxing. In this safe setting, the participants will learn basic skills through the use of punching noodles, shadow boxing, and working on combinations of defensive skills movements. The class is structured for all participants to be fully engaged and have fun!

**Adaptive Boxing for Adults with Down Syndrome, Ages 18+:** A class that focuses on fitness, strength training, and hitting bags. The class is moderately hard which the participants love. The class is very active and driven by an instructor that will support the group as far as the participants want to go.

**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!