

# Punch It Up



**Rob Martin**

## Punch It Up Round I

**Tuesday & Thursday 9:00 a.m., January 12 – February 25**

Rob Martin directs this boxing conditioning program designed to teach the fundamentals of boxing while giving the participant a fantastic cardio workout.

Each participant will receive training gloves & wraps as part of the tuition.

Rob will take each person through the various training exercises to get everyone prepared to make contact. Contact will consist of one teammate holding “focus mitts” with the other actually punching them.

This is a tremendous core and upper body workout with an emphasis placed on safety and fun!

6 week program, \$140 Member, \$160 Non-Member

## Punch It Up Round II

**Wednesday & Friday 9:00 a.m.**

**January 19 - February 25**

6 week program, \$140 Members, \$160 Non-Members

Prerequisite ~ Punch It Up I

**eliteclubs.com**

### 2010 Elite Registration Form

Child's name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Day phone \_\_\_\_\_

email \_\_\_\_\_ @ \_\_\_\_\_

Class / Dates \_\_\_\_\_ Total Fee \_\_\_\_\_

Elite Member? Home Club \_\_\_\_ Non-member Total Payment \_\_\_\_\_

(Non-members must pre-pay) Payment Type (circle 1)

Elite Club Charge Check Charge Card VISA MASTERCARD

Card Number # \_\_\_\_\_ Exp. \_\_\_\_\_

Activity Code \_\_\_\_\_

Brookfield Elite East 13825 W. Burleigh Rd.,  
(262)754-3467, FAX (262) 786-9619

Waiver: I hereby acknowledge and agree to the limitations, rules and regulations of the Elite Clubs. I hereby for myself and my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the staff of Elite, their respective agents and sponsors, for any and all injuries suffered during my child's participation in this program. Furthermore I will be responsible for any and all damages caused by my child. (Waiver will need to be signed by Parent/Guardian at the club.)  
Signature \_\_\_\_\_