

# BOXERCISE<sup>®</sup>



[WWW.BOXERCISE.CO.UK](http://WWW.BOXERCISE.CO.UK)

**The Worlds No.1 In  
Boxing Fitness  
Training**

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**Boxercise  
In-House Training  
Information Pack**

# Boxercise In-House Training

We are writing to introduce you to BOXERCISE IN-HOUSE TRAINING COURSES

If you would like more information or to book an In-House course please telephone head office on **0116 240 4906**

The advantage of booking the Mobile Boxercise Instructor Training Unit is the convenience and saving to you in time and travel in comparison to attending one of our regular course venues.

- **Course fee is ONLY £130 inc.VAT per person instead of the usual £149 (saving nearly £20 per person!)**
- **2 Courses - Boxercise + 1 secondary course (Kick Boxercise, Advanced Skills or Boxercise for Kids) for £199 inc. VAT**

The benefits of Boxercise are endless, to list a few; participating in a Boxercise class works both aerobic and anaerobic systems. It provides a class which incorporates muscular strength, endurance and core stability training, motor skills such as balance, agility, proprioception and hand-eye co-ordination.

We require a minimum of 8 participants to attend the training course.

## What is required from you?

- **A minimum of 8 participants to run the training course**
- **A studio, sports hall or suitable space for an un-interrupted 8 hours**

Boxercise will provide all the necessary equipment to run the course.

The course is taught in a professional but fun informal manner. No previous boxing experience is required as the course is taught from a beginners point of view. However all attendees require a minimum of a level 2 in fitness/coaching, sports related degree or a black belt in a Martial Art to be eligible to attend the course.

## Boxercise Mobile Unit

### Benefits to you:

- Convenience of not having to travel too far
- Convenience of having a course at a time you chose - available 7 day a week
- Financial savings by limiting time, travel and reduced course cost
- More focus on actual requirements of your group and environment

### How to arrange an in-house training course

- Find a minimum of 8 people who want to do the course.
- Choose a possible date for the Boxercise course.
- Contact us to discuss the date. We will then verbally agree a date with you.
- A letter including full terms & conditions will be sent to you.
- You return the terms & conditions letter signed with payment/deposit.
- We send you a confirmation letter to forward to attendees.
- We come and run an in-house training course.
- **You then become Registered Boxercise Instructors!**

**A Boxercise course for 8 Participants for just £1040 saving you over £150!**

## Once you have done the course

All Boxercise Instructor are require to pay a annual registration fee of £40 to be Register Boxercise Instructor

### **Benefits of being Registered Boxercise Instructor:**

- Use of the name Boxercise to advertise Classes and PT sessions
- Advertise your services on website
- Online Certificate access / Downloadable with photo for id.
- Access to Course Refresher Material (PDF Manual & Online Video)
- Series of post course videos to help you get start.
- Publicity Material (posters, logos, loyalty cards)
- Access to the Closed Boxercise Instructor Facebook Group
- Free yearly refresher courses in any Boxercise course taken
- Discount on Boxercise Equipment
- Free Boxercise Masterclasses
- Ongoing telephone or email support from Boxercise Head Office
- Access to Boxercise Awards