

BOXERCISE[®]



**THE WORLD'S NO.1
BOXING FITNESS
TRAINING
ORGANISATION**

**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 £140 inc.VAT per person instead of the usual £175 (saving £35 per person!)**
- **2 Courses - Boxercise + 1 secondary course (Kick Boxercise, Advanced Skills or Boxercise for Kids) for £219 inc. VAT**
(Advanced Skills and Boxercise For Kids available online e-distance learning. Advanced Skills & Kick Boxercise available via Zoom)

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, Army PTI and Martial Arts Coach - min Senior Black Belt 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 £1120 saving you over £250!

Once you have done the course

All Boxercise Instructors are required to pay a annual registration fee of £40 to be Registered 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
- Ongoing telephone or email support from Boxercise Head Office
- Other resources e.g business advise / H&S forms
- Access to Boxercise Awards

The Boxercise Awards

The Boxercise awards scheme is a progressive programme taking children from basic through to more advanced Boxercise Skills.

It was initially developed to encourage participation in Boxercise and to produce a simple lesson plan format for teachers/instructors to following when teaching Children Boxercise but ultimately can be used for adults too.

Taking part in the awards enables children to achieve specific goals whilst having fun and being active and then on passing are rewarded with Boxercise Official Certificates.

The Awards are broken into 3 achievable stages and involve 10 session plans each. With minute by minute lesson plans -

Bronze

Silver

Gold

The Bronze awards can only be taught by registered Boxercise Instructors and to teach the Silver and Gold Awards instructor must also have pass the advanced skills course.

Practicality

To be able to access the Boxercise Awards scheme there is an annual cost which then allows instructors to have full autonomy in taking as many children as they wish through the scheme and producing as many certificates they would like, all via our simple automated system on the instructor portal.

