



M-T 6-9  
 F 6-8  
 S-S 8-2

LOUISVILLE  
 www.StreetsFitness.com

February 2012  
 all classes are 55 min  
 unless otherwise noted

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	<b>The Grid</b> <i>DK</i>	<b>Boxing</b> <i>Chris</i>	<b>The Grid</b> <i>Ian</i>	<b>Sand Box</b> <i>Chris</i>	<b>The Grid</b> <i>Brian</i>		
9:00 AM	<b>Sand Box</b> <i>DK</i>	<b>The Grid</b> <i>DK</i>	<b>Sand Box</b> <i>Ian</i>	<b>Boxing</b> <i>Ian</i>	<b>The Grid</b> <i>Brian</i>	<b>Boxing</b> <i>Ian</i>	<b>The Grid</b> <i>Justin</i>
10:00 AM						<b>The Grid</b> <i>Ian</i>	<b>Boxing</b> <i>Justin</i>
12:00 PM		<b>The Grid</b> <i>DK</i>		<b>The Grid</b> <i>Ian</i>			
4:00 PM			<b>The Block</b> <i>Ian</i>		<b>The Block</b> <i>Chris</i>		
5:00 PM	<b>Kickboxing</b> <i>Ian</i>	<b>Boxing</b> <i>Chris</i>	<b>Boxing</b> <i>Ian</i>	<b>Sand Box</b> <i>David</i>	<b>Boxing</b> <i>Chris</i>		
6:00 PM	<b>Boxing</b> <i>Ian</i>	<b>Kickboxing</b> <i>Chris</i>	<b>Boxing</b> <i>Ian</i>	<b>Boxing</b> <i>Ian S</i>	<b>Boxing</b> <i>Chris</i>		
7:00 PM	<b>The Grid</b> <i>David</i>	<b>Sand Box</b> <i>Chris</i>	<b>The Grid</b> <i>Ian</i>	<b>Kickboxing</b> <i>Ian S</i>			
8:00 PM							

**BOXING:** Proper technique, defensive movement and footwork. Use heavy bags and punching mitts. Get a pro boxing experience that will leave you beat (but not beat up). Wrap up with core blast, cool down and stretching.

**KICKBOXING:** Abs, arms, legs, glutes... this class hits you where it counts! Practice kicking, punching and proper technique with heavy bags, mitts and drill circuits. Core, cool and stretch.

**THE GRID:** Anything and everything. This class focuses on weight lifting, cross training, outdoor training, kettle bells, Olympic lifting, cardiovascular activity, you name it! Never the same thing twice and guaranteed to be a GREAT workout. *Boulder County's Workout of the Year 2011 (Daily Camera 12/27/2011)*

**SAND BOX:** The ultimate cross training class involving sand bags, bodyweight exercises, kettle bells, functional training, and even a little boxing. This Grid style workout will challenge you, so be prepared to WORK!!

**SPARRING:** For those with some experience in the basics, take your skill to the next level. Evaluation by one of our trainers and some additional gear is required before jumping in the ring with this class.

**THE BLOCK:** Ages 9-13. Learn how real boxers and kickboxers punch kick and move. Use all of the real stuff like bags & mitts to get faster and stronger.

**START UP** fee for any plan:

\$149 (includes 1 pair of gloves and 1 set of hand wraps)

20% off additional gear purchased during sign up

	Monthly	6 Month+	12 Month+	12 Month PrePay
Individual	\$93	\$85	\$75	\$780 (\$65/m ave)
Couple	\$143	\$125	\$115	\$1260 (\$105/m ave)
Family	\$173	\$155	\$145	\$1620 (\$135/m ave)
Youth/Add	\$63	\$55	\$50	\$540 (\$45/m ave)

480 w dahlia st. Louisville, Co  
 720 282 4076

find your fitness.