



PCYC
RISING STAR
BOXING
PROGRAM



PCYC
10 WEEK
BOXING PROGRAM

2ND SEPTEMBER - 16TH NOVEMBER 2024

Have you dreamt of stepping into the ring??

Now is your chance.....

This comprehensive 10-week training program is designed to prepare you for your debut fight, enhancing your boxing skills, physical fitness, and mental resilience.

Let's get ready to rise and shine in The Rising Star 10-Week Boxing Program!

Start date 2nd September 2024

INCLUDED:

- ✓ 1 x 30 min Private session weekly
- ✓ Mandatory Boxing sessions
- ✓ Strength & Conditioning program
- ✓ Mentoring & expert nutritional Support
- ✓ Your night in THE RING! Saturday 16th November

Challenge available to all Fitness Members: \$300

All participants must be a PCYC Club member | Additional Boxing NSW Fees Apply | Fight Night held at PCYC Hornsby

➤ **REGISTER AT PCYC RECEPTION**

Contact Us ☎ **63 602249**