



An MK Boxing Newsletter

Issue 16

APRIL 11, 2008

NEWS at MK Boxing:

- CONGRATULATIONS TO THE MARCH MEMBER OF THE MONTH JONATHAN ROSENTHAL!
- NEW 30 MINUTE INTENSE CONDITIONING, KICKBOXING AND BOXING DRILL CLASS BEGINNING TUESDAY APRIL 15th
- TWO MK BOXING MEMBERS AWARDED 750.00 IN CASH FOR THE MEMBER REFERRAL PROGRAM.
- BRAZILIAN JIU JITSU BEGINNERS CLASS WILL BE ADDED ON WEDNESDAYS STARTING APRIL 16TH AT 7:30 PM
- WANTED: EXPERIENCED INSTRUCTORS
- MK BOXING MAY BE ADDING KIDS BRAZILIAN JIU JITSU CLASSES. FEEDBACK IS APPRECIATED.

CONGRATULATIONS to our March 08 Member of the Month, Jonathan Rosenthal!

As March's winner, Jonathan will receive a \$50 gift certificate to The Capital Grill.

Member Rewards Update: MK Boxing paid 750.00 in cash prizes in it's raffle drawn on April 1st We would like to thanks all our members who referred their friends and family to MK Boxing.

MK Boxing will be adding a new 30 minute intense boot camp beginning on April 15th from 5:00 pm –5:30pm. The class will consist of conditioning, kickboxing and boxing drills. Members should come prepared to hit the bags right away since there will be no stretch or warm up in this class. The class is geared for those members who have taken a number of conditioning classes at MK Boxing.

MK Boxing beginners Brazilian Jiu Jitsu Class Added on Wednesdays at 7:30 PM:

We have added a new Jiu Jitsu class on Wednesday nights beginning 4/16. This class is geared for beginners only, and is open to men and women with little or no experience.

Beginners Boxing class on Wednesday's at 5:30pm has been moved to 6:00pm and will be led by instructor Robert Jones. The Saturday kickboxing class on Saturdays will also be instructed by Rob.

Kids Mixed Martial Arts Program: MK Boxing is considering adding a kids Brazilian Jiu Jitsu program beginning in the next few months. Stay tuned for details!

WANTED: Instructors

We are always looking for quality, experienced instructors. If you know of anyone who would make a good addition to our MK Boxing family, please let us know.

Continued health and prosperity to each of you and your families,

Best regards,

Mike



IT'S NOT YOUR OLD MAN'S BOXING GYM.

MK Boxing
116 Cummings Park
Woburn, MA 01803
781.376.iBOX (4269)
www.mkboxing.com