



PUNCHLINES

An MK Boxing Newsletter

Issue 27

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NEWS at MK Boxing:

MK BOXING is sponsoring an event on Sunday March 22nd from 12 noon -1:30 pm to help raise money for the Boston- Avon Breast Cancer walk. Proceeds raised from this event will benefit this important cause. Instructors, Mike Knox, Jim Lally and Ryan Scottron will be conducting classes in Boxing, Kickboxing and Strength and Conditioning. The public is invited for this event, but we need people to reserve a spot. The cost of the event is \$20.00 dollars, and we have attached a flyer with more details.

MK Boxing is planning on adding additional classes on the schedule within the next few weeks in Kickboxing, Judo and Brazilian Jiu Jitsu.

Travis Stevens is the new Judo and Brazilian Jiu Jitsu instructor. Classes are held every Thursday at 6:30 pm. Travis is ranked number #1 in the United States at 178 pounds in Judo, and won the Gold at the United States Olympic Trials held in Las Vegas in 2008.

MK Boxing has added an additional Muay Thai/Kickboxing class on Tuesday's at 6:30pm-7:45pm. The class is 75 minutes, and focuses on offensive and defensive tactics, conditioning and sparring drills. The class is instructed by Fumi Sawa. Chris Eldridge is also continuing to teach his Muay Thai classes on Mondays, Wednesday's and Friday's which are very popular. Jeff Burger teaches Muay Thai on Saturday's at 12 noon.

MK Boxing classes are all coed and members can participate in any of the classes listed on the schedule. The classes are for men, women, teens and children. No experience is necessary. These classes are great for toning, losing weight, and learning some great new skills. They are high energy and exciting. As our members know, MK Boxing is a non intimidating environment, and most of the classes are non contact. Recent articles written by major newspapers, including the Boston Globe talk about these exciting workouts and health benefits in boxing and kickboxing, and how safe these classes can be.

- For the early risers, classes are still available in the morning at 5:30 am on Tuesdays and Thursdays in Kickboxing.
- On Saturday morning's our Boxing class is taught by instructor Jim Lally, Jim is a former 2 times Navy champ, and has won numerous Golden Glove Boxing Championships. Jim has competed in 2 Olympic trials and has competed across the United States and Cuba in amateur boxing.
- Boxing classes taught by Will Gaffney, Monday through Thursday at 6:30pm are also very popular with the members. Will has many years of experience in Boxing and the Martial Arts.
- Instructor Ryan Scottron will be conducting an Athlete Conditioning Camp at MK Boxing beginning on April 4th for 8 weeks on Saturday's and Sundays. This camp is for high school athletes, and the classes will focus on Basic Boxing / Kickboxing fundamentals and heavy bag and focus mitt workouts. Strength and Conditioning routines will also be included. The camp and the prices are separate from MK Boxing memberships. Please call MK Boxing at 781-376-4269 for more details.

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

Best regards,

Mike Knox

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