



# PUNCHLINES

An MK Boxing Newsletter

Issue 10

November 1, 2007

## **NEWS at MK Boxing:**

- **Congratulations to the October Member of the Month JULIE CERVONE**
- **New Gym Hours**
- **Toddlers Kickboxing Class Added**
- **Early riser? No problem! Tuesdays & Thursdays @ 5:30–6:30 AM Conditioning & Training Class Added**
- **Member Rewards Program – Update**
- **New Mixed Martial Arts Program & Instructor at MK Boxing: Welcome Ronaldo Campos!**
- **Friday night 6:30 PM class is now Muay Thai**
- **Fall and Winter Clothes are Here –**

## **CONGRATULATIONS TO OUR October Member of the Month, Julie Cervone !**

As October's winner, Julie will receive a \$50 gift certificate to the Cheesecake Factory.

**NEW GYM HOURS:** Starting November 1, the gym will close at 8 PM on Friday, 4:00 PM on Saturday, and 3:00 PM on Sunday. We will be opening on Saturday's at 9:00 AM

**Member Rewards Update:** Thank you to all of our valued members who have participated in the Member Rewards Program by bringing in new friends and family to the gym. As part of our third year in business, we are revamping the Member Rewards Program and will re-launch the program with some exciting new incentives. Stay tuned for details!

**Toddlers Class: Wednesdays & Fridays @ 3:00 – 3:30 PM** Ages 4 – 7 We are pleased to add yet another unique program for our younger members. Mike Knox and Jeff Burger will teach kids aged 4 to 7 the fundamentals of kickboxing.

**Early Risers on Tuesdays & Thursdays with Ryan:** 5:30 AM – 6:30 AM  
Come on in and get your blood pumping first thing in the morning on Tuesdays and Thursdays. This cardio/conditioning/kickboxing class is taught by our own Ryan Scottron. PLEASE NOTE: At the conclusion of this class at 6:30 AM, the gym will close until it reopens at the normally scheduled time of 9 AM.

**Mixed Martial Arts has arrived at MK Boxing!** We are pleased and excited to welcome Ronaldo Campos to MK Boxing. Ronaldo will be teaching Brazilian Jiu Jitsu on Tuesdays and Thursdays, and teaching Mixed Martial Arts on Saturdays. THESE CLASSES ARE 90 MINUTES LONG! Ronaldo has established his own fighting team, Team Fenix Fight Club, operating out of MK Boxing.

**COMING SOON!! 3:30 PM Cardio Kickboxing on Tuesdays & Thursdays** As popular as the afternoon kickboxing classes are, we are adding two more per week at 3:30 PM. Stay tuned for the start date and instructor information.

**Fall & Winter Clothes are here!**

We now have sweatshirts, hoodies, and long sleeve shirts for the upcoming Winter weather. Purchase one for yourself, or as a gift.

THANK YOU to our instructors for their hard work, passion, and commitment to both the clients and the gym. We look forward to our future by continuing to offer great classes in Kickboxing, Boxing, Mixed Martial Arts, Brazilian Jui Jitsu and Muay Thai.

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

Best regards,

*Mike*



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

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