



PUNCHLINES

An MK Boxing Newsletter

Mid-February 2007

INTRODUCING 3 new programs at MK Boxing:

- **SPECIAL YOUTH BOXING PROGRAM: Train with a Champion Pro Boxer!**
- **Member of the Month Program – Update**
- **Self-Defense Personal Training**

SPECIAL YOUTH BOXING PROGRAM – Train With A Champion Pro Boxer:

MK Boxing is pleased to offer a special 8-week boxing training for 8-15 year olds. Our own James McNally, a well-accomplished and international professional boxer, will help build discipline, confidence, and teamwork by focusing on form, speed and power. This SPECIAL 8-week program is designed for and offered to students between the ages of 8 and 15 with good academic performance. Space is limited, and students will be accommodated on a first-come, first-served basis. Call for class dates, pricing, and registration.

Do You Have What It Takes To Be Our Next Member of the Month?

Beginning in February, MK Boxing will recognize and reward one of our members for his/her hard work, dedication, growth and attitude. The MK Boxing Member of The Month will be selected based upon instructor and/or other members' feedback, and he/she will embody MK Boxing's ideal of excellence. In addition to having his/her photo displayed in our Member of the Month frame in the gym, he/she will receive a gift certificate to a local dining establishment.

SPECIAL FOR NON-Members & Members Alike:

This unique Personal Self-Defense Training Program offers unparalleled one-on-one self-defense training. In our 75-minute, \$125 program, you will gain confidence and learn first hand what to do to protect yourself in the event of a personal attack. Don't be a victim; be prepared, survive and succeed. Call today to arrange your personal self-defense training session today.

Best regards,

Mike



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

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