



# PUNCHLINES

An MK Boxing Newsletter

Issue 7

August 10, 2007

## **NEWS at MK Boxing:**

- **Congratulations to the July Member of the Month Ashley Gunner!**
- **Have you heard the news on 101.7 FM WFNX Radio?**
- **RAD Kids Program beginning Sunday October 10<sup>th</sup>, 3 PM**
- **Boxing Class Added on Wednesdays, 6:30 PM**
- **Round 3: Kids Boxing Class begins Saturday, September 22<sup>th</sup>**
- **New Equipment Added: 3 New Speed Boxing Speed Bag Platforms!**
- **Member Rewards Program**
- **Kids Mixed Martial Arts Program – beginning September!**
- **WANTED: Experienced Instructors**

**CONGRATULATIONS to our July Member of the Month, Ashley Gunner!** As July's winner, Ashley received a \$50 gift certificate to The CHEESECAKE FACTORY in Burlington.

Perhaps you have heard the buzz on WFNX Radio? Even the DJ's from 101.7 FM are proud members of MK Boxing and have been participating in boxing and personal training here at the gym.

**Member Rewards Update:** With over \$1,350 paid to MK Boxing's members for their referrals, the program is a valuable way to earn big bucks. With Fall quickly approaching, now is a great time to start new Winter routines at a very cool gym; bring in family and friends and get rewarded with cash!

**MK Boxing's 2 Year Anniversary is in SEPTEMBER !** We are busy at work, planning a fun and exciting celebration to share with our members. Stay tuned for further details.

**RAD for Kids Coming in October: (10/13, 10/20, 10/27, 11/04; 3 PM)**

RAD, Rape Action Defense, is invaluable training for kids between the ages of 8 and 10. MK Boxing is pleased to work with a local RAD Instructor to offer this special course, life-saving course. If you would like to add your child to the roster, please speak with us.

**Round 3: Kids Boxing Class beginning Saturday, September 22<sup>th</sup>:**

Jim McNally will begin the third kids boxing course on September 22<sup>th</sup>. This 8-week course is designed to instill confidence, build discipline and learn boxing fundamentals. Hard-working kids between the ages of 8 and 15 are welcome to attend. Space is limited, so please call now for pricing and availability.

**Boxing Class Added on Wednesdays at 6:30 PM:**

We have added a boxing class on Wednesday nights in lieu of the Advanced Kickboxing Class.

**Kids Mixed Martial Arts Program:**

Beginning in September, our own Jeff Burger will teach a kids mixed martial arts program at MK Boxing. We are excited to offer a unique program for kids. 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.**

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