



# Schedule

Effective January 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		SydFIT Early Riser Tek Intermediate (45 min.) Trainer: Syd	SydFIT Early Riser Tek Advanced (45 min.) Trainer: Syd	SydFIT Early Riser Conditioning Intermediate (45 min.) Trainer: Kelly		
9:00am						SydFIT Boxing Intermediate - Trainer: Kelly
12:15pm	SydFIT at Noon Intermediate (45 min.) Trainer: Melanie		SydFIT at Noon Intermediate (45 min.) Trainer: Melanie			
1:00pm						Tiny Champions for ages 6 to 8 years old (45 min.)
4:30pm	Youth Boxing for ages 13 – 18 years old Trainer: Syd		Youth Boxing for ages 13 – 18 years old Trainer: Melanie			
5:30pm	SydTEK Premium <b>Select Members</b> (45 min.) Trainer: Syd	SydFIT Extreme Advanced Trainer: Melanie	SydTEK Premium <b>Select Members</b> (45 min.) Trainer: Syd	SydFIT Extreme Advanced Trainer: Syd	SydFIT Tek Beginner Trainer: Kelly	
6:30pm	SydFIT Boxing Beginner Trainer: Kelly	Young Champions for ages 8 to 12 years old Trainer: Jynelle	SydFIT Boxing Beginner Trainer: Kelly	Young Champions for ages 8 to 12 years old Trainer: Jynelle		
7:30pm	Skills Class (8 week commitment) Trainer: Luke	SydFIT Boxing Intermediate Trainer: Melanie		Intro to Sparring Trainer: Syd		
8:30pm	Competitive Sparring & Conditioning Trainer: Syd	Competitive Sparring – Tek Trainer: Syd	Competitive Sparring – Tek Trainer: Syd	Competitive Sparring – Tek Trainer: Syd		

**IMPORTANT NOTE: all classes are 60 minutes in length unless otherwise noted**

## More Information on Our Classes

**SydFIT Boxing** : 45 and 60 minute classes that will get anyone in great shape! Each class has different components to cover all areas of fitness: Cardio, Conditioning, and Strength Training. Classes vary each day so you'll never be bored. We'll always keep your energy levels up. Different fitness levels are welcome at all classes but you can expect the following sequences:

**Beginner:** 2 minute rounds of work with 1 minute recovery

**Intermediate:** 2.5 minute rounds of work with 45 second recovery

**Advanced:** 3 minute rounds of work with 30 seconds recovery

**Youth Boxing** : enjoy everything that SydFIT has to offer for those 13 to 18 years of age.

**Young Champions** : a small group atmosphere with limited participants 8 to 12 year of age in each class. One (1) head coach and two to three (2-3) assistants mean we can focus on our young champions in all areas of fitness and boxing with the addition of a healthy home lifestyle program.

**SydTek Premium** : valid only for members with the SydTek package. This 45 minute class focuses on the fine art of boxing. We break down movements and form for anyone interested in taking their boxing fitness to the next level. SydTek is great for boxers who spar.

**Skills** : enjoy an intimate class size focusing on learning boxing fundamentals and technique. Our coach has over 10 years boxing experience.

**Intro to Sparring** : these classes are an excellent start for anyone interested in sparring for fitness or competition. Drills in pairs and groups plus specialized coaching instruction will help develop skills in the ring and in class.

**Competitive Sparring** : dedicated to the physical and mental conditioning of athletes. Expect work on cardio and technique with experienced coaches and Team Destiny fighters.

For more information on the SydFIT Health Centre, visit [sydfithealth.ca](http://sydfithealth.ca) or contact us at 519-571-1269 or [eryn@sydfithealth.ca](mailto:eryn@sydfithealth.ca)