



## WELLNESS

# PILOXING® CLASSES

at The Yard

**PILOXING® WORKOUTS FOR EVERYONE, AT EVERY LEVEL, EVERYWHERE.**

**PILOXING® SSP:** the fusion of powerful boxing combinations, sculpting and lengthening Pilates-influenced movements and " Let yourself go " dance blocks with the emphasis on FUN. Switching back and forth rapidly between the three vastly different disciplines, it keeps your body guessing, your mind excited, and your heart pumping. It's the workout that doesn't feel like work though you'll feel it the next day. Producing stronger, longer and leaner muscles, improved flexibility, better muscle control, and better coordination. More powerful arms, shoulders, and back, and last but not least happiness-inducing endorphins.

**PILOXING® SSP is a Calorie Smashing (up to 1200 an hour) full body workout that will leave you uplifted and empowered and put your metabolism into overdrive!**

**PILOXING® BARRE:** the fusion of Boxing and the Ballet Barre. A low impact yet high intensity class with little risk of injury. Targeting every muscle group very few workouts keep finding new muscles in strange places like barre work There's nothing low about the long-term positive impact though - strong, healthy, muscle-supported joints are crucial to a lifetime of pain-free ease of movement, and there are hundreds of them in our bodies. Therefore, Barre is not only an investment in your heart, your strength, and your flexibility, it's also - and most importantly - an investment in your future.

**PILOXING® Barre uses grace and power to lengthen, strengthen, sculpt and tone. It quickly improves your flexibility and posture. You can burn up to 1200 Calories per hour.**

**PILOXING® KNOCKOUT:** (Coming Soon) the fusion of Boxing, Plyometrics and Athletic Drills. It's a high energy 30 min interval training class. A full-body workout with full-body benefits.

Plyometrics (using your body as a weight and springboard), conditioning drills, and functional training increase your stamina, fitness level, boost your confidence and strength, break boundaries and gain results. You will increase flexibility and muscle stability which improves posture and reduces pain and risk of injury. You will build strong powerful muscles, including the most important muscle of them all - the heart.

**PILOXING® AT THE YARD WEEKLY FITNESS SCHEDULE:**

TIMES	MON	TUES	WED	THURS	FRI
10:00		SSP		SSP	
11:00	SSP	Barre	Barre	Barre	
12:00					
16:00			SSP & Barre		
18:30	SSP & Barre				

**PILOXING® PRICING**

<b>PILOXING® SSP Barre &amp; Knockout</b>	4 classes a month (1 class a week)	R400 (R100 per class)
	8 classes a month (2 classes a week)	R760 (R95 per class)
	12 classes a month (3 classes a week)	R1080 (R90 per class)
	Unlimited classes	R1200 (< R80 per class)
	Walk in	R120 a class
	Private Technique	R320 a class
<b>PILOXING® Gloves (SSP &amp; Barre)</b>	R500 a pair	Piloxing® workouts use weighted gloves to add intensity to your workout leading to a lean sculpted physique
<b>PILOXING® Knockout Gloves</b>	R550 a pair	



**PILOXING®**

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