

# Pittsburgh Martial Arts & Boxing Academy

912 Penn Ave. (Rear of VFW) Turtle Creek, PA 15145 // 412-823-7538 // PittsburghBoxing.com

## Schedule

	Mon	Tue	Wed	Thu	Fri	Sat
12 – 1pm	Closed	Boxing & Kickboxing	Closed	Boxing & Kickboxing	Closed	Open Gym
1 – 4pm		Open Gym		Open Gym		
4 – 6:30pm	Open Gym		Open Gym		Open Gym	Open Gym
6:30 – 7:30pm	Boxing	American Freestyle	Boxing	American Freestyle		
7:30 – 8:30pm	Kickboxing	Boxing & Kickboxing	Kickboxing	Boxing & Kickboxing	Closed	
8:30 – 9:??pm	Closed	Sparring	Closed	Sparring		

If you are coming on Tuesday or Thursday BEFORE 4PM, please let Bob know ahead of time (at least the day before if possible). If no one is coming on that particular day, the gym will not be opened.

## Class Descriptions

**Boxing** – This is a Western Boxing / Olympic-Style Boxing class. All participants will be taught from the ground up – stance, footwork, punches, blocks, evading / head movement, combinations, strategies and more. Participants will be shown how to safely use heavy bags, double-end bags, slip bags, speed bags and more.

**Kickboxing** – This is a Mixed / All-Rules Kickboxing class that encompasses a Western Boxing foundation, American Kickboxing, International Kickboxing, Muay Thai and San Da. Participants will learn stance, footwork, punches, kicks, knees, elbows, blocks, evasions, legal takedowns, combinations, strategies and more. Like Boxing, this is an equipment-heavy program that uses heavy bags, double-end bags, slip bags, speed bags and more.

**American Freestyle** – This is a mixed, no-rules fighting system that builds on a Boxing / Kickboxing foundation. After several weeks of Boxing and Kickboxing, participants can choose to go into this program with approval. This class will focus on street-oriented, no rules fighting and will cover hand-to-hand combat, ground fighting and modern-day weapons.

**Sparring** – After several weeks of training, with approval, you may choose to come to sparring sessions. Sparring is the best way to ensure you are doing technique correctly – if you can't do it when someone's trying to hit you, you can't do it. Sparring is always controlled and supervised by a Coach. Sparring is not fighting. Safety gear is mandatory. Sparring is encouraged for all members but is only required for fighters and people wanting rank in American Freestyle.

**Open Gym** – This is when you are welcome to use the gym and equipment on your own. You must be a paid member.

**Private Lessons** – One-on-one training can be scheduled on a first-come, first-served basis. See Bob with any questions.

## Prices / Discounts

Trial Membership - \$30, includes any two classes.

Membership - \$80 per month.

### Private Lessons

#### Non-Members

- \$45 per hour.
- 5 for \$200
- 10 for \$350

#### Members

- \$35 per hour.
- 5 for \$150
- 10 for \$250

Family Plan - First Member pays full price, each additional Member pays \$30.

Referrals - \$15 off the following month for each new member whom you refer.

### Advanced Payment

- 3 months upfront, in full – 10% discount (\$216 total)
- 6 months upfront, in full – 15% discount (\$408 total)
- 12 months upfront, in full – 20% discount (\$768 total)

