

Davis **BOXING** Academy

Get Fit Davis Sport, 1809 Picasso Avenue

Course Description

Davis Boxing Academy classes are designed specifically for those wanting to acquire skills and technical proficiency in the sport of boxing in a safe and controlled environment. This class is perfect for high school and college aged kids looking for an after-school athletics program, athletes during off-season training, and families interested in engaging in a new and unique activity together. Each workout will focus on a specific skill and all workouts will incorporate high intensity conditioning, strength, agility, and mobility exercises.

We specialize in training beginners from scratch, *no boxing experience is required to attend*. For those interested in sparring and other full contact training, contact Coach Schmitt and ask about the “**Hard Knocks**” program.

Meeting Times

Monday, Wednesday, Friday **6:30 PM to 7:30 PM**

Sunday **2:00 PM to 3:00 PM**

Monthly Fees

Non-Member Adult... **\$75**

Get Fit Davis Member ... **\$59**

Student/Minor/Parent*... **\$47**

**Parents of minors enrolled in the class will receive the same rate as their child*

How to Join

Come in on at the above class times. Your first class is FREE. All necessary equipment will be provided to you.

If you would like more information or have specific questions prior to attending, please contact Coach Colin Schmitt at colin@getfitdavis.com



About Coach Schmitt

Colin Schmitt graduated UC Davis with a BS in Exercise Biology and was the first UC Davis student to win a Collegiate National Championship, and numerous other accolades including Best Boxer and Sportsman of the Tournament Awards, 2-time All-American honors. Since ending his boxing career, Colin has trained in powerlifting and long-distance running, and now competes in ultramarathons, most recently the Leadville Trail 100-mile race in Leadville, CO

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