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## Programs



**Technical Boxing Classes  
Glove System©  
Adult 17+, Youth 11-16  
7 Days a Week**

Learn like the professionals. Our award winning Glove System will guide you effectively though offense and defense, all in a non-contact environment (sparring offered after Green Gloves).

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**High Cardio Boxing/Circuits  
Morning & Evening Classes  
7 days a week  
Lose Weight, Gain Tone and Endurance**

Find the fun involved with hitting a heavy bag, gain a full body tone and stun your friends with how fit you get!

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**Boxing Boot Camp  
3- days a week  
Monday, Wednesday, Friday  
6:00am-7:00 am**

Want to get it done before work? Get your sweat on in this challenging and fun morning Boxing Bootcamp. Start your day with a knockout workout.

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**Summer Sports Conditioning Camps  
10:30-12:30pm Daily  
Monday-Friday  
Great Core and Agility training for Athletes**

**June 21st-25th, July 12th-16th  
July 26th-30th, August 9th-13th  
August 23rd-27th**

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**Private Training  
Semi & Group Training  
Building Stronger Individuals  
and Strengthening Teams  
As low as \$65/hour**

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**Trial Sessions  
Excludes Technical/Team  
\$20 one time trial**

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## About Us



Griffins began it's unique training in 2000 when Owner/Coach Dave Brett began offering Boxing & Fitness classes at William Griffins Recreation Centre in North Vancouver. Through word of mouth and the growing popularity of Boxing, it rapidly expanded and in 2005 Griffins relocated into our present 6000 square foot facility with a Membership of over 900 Clients.

Dave chose the name by combining the mascots of two local North Shore High Schools, being Carson Graham's "Eagle" (Dave's Alma Mater) and Hands-worth's "Lion". The Mythical creature, with the head and wings of an Eagle and body and tail of a Lion, denoting strength and fierce determination was aptly chosen to represent Griffins philosophy of Fitness.

Today Griffins NCCP recognized and BCRPA certified Coaches & Boxers support, train, teach and share their skills with Men, Women and Children from age 7 to age 70. All of our friendly, positive and motivated staff are committed to make your journey into Boxing a welcome and rewarding one. Your fitness goals are our only goal.

We offer a variety of programs to suit your personal needs and busy lifestyle. With early morning Boot Camp to late evening High Cardio Boxing and Technical Classes we are conveniently open 7 days a week.

Griffins also conducts Private Training for those requiring more tailored sessions, from individual One-on-One to larger group School & Team Training, either at our premises or yours.

Whether your goal is simply to improve your fitness level and quality of life or to step into the "Ring" and represent Griffins in competitive matches as a Member of our Junior, Senior or Elite Amateur Teams we will be in your corner all the way. We look forward to seeing you,

Dave Brett and Staff  
Griffins Boxing & Fitness 125 West 1st Street,  
North Vancouver, B.C.  
604-980-1900  
e-mail: [info@griffinsboxing.com](mailto:info@griffinsboxing.com)  
web: [www.griffinsboxing.com](http://www.griffinsboxing.com)

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# Griffins

## Boxing & Fitness

Training You for Life



125 West 1<sup>st</sup> Street  
North Vancouver  
604-980-1900

[www.griffinsboxing.com](http://www.griffinsboxing.com)



# Training You for Life



Summer 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00-7:00am	6:00-7:00 <b>-Boot Camp-</b>		6:00-7:00 <b>-Boot Camp-</b>		6:00-7:00 <b>-Boot Camp-</b>				
9:30-10:00am	9:30-10:30 <b>-Cardio-</b>		9:30-10:30 <b>-Cardio-</b>		9:30-10:30 <b>-Cardio-</b>	9:30-10:30 <b>-Cardio-</b>	Private/Group Training		
10:00-10:30am							10:00-10:50 <b>-Cardio-</b>		
11:00-11:30am	<p style="text-align: center;">YOUTH SPORT CONDITIONING CAMPS 10:30am-12:30pm</p> <p style="text-align: center;">June 21st-25th    July 12th-16th    July 26th-30th    August 9th-13th    August 23rd-27th</p>					10:30-11:30 <b>Team Sparring &amp; Blue+</b>	11:00-12:00 <b>-Youth Tech- All Levels</b>		
11:30-12:00am						11:30-12:00am	12:00-12:30pm	11:30-12:30 <b>-Tech Yellow &amp; Green- All Ages</b>	12:00-1:00 <b>-Adult Tech- All Levels</b>
12:00-12:30pm								12:30-1:30 <b>-Tech White- ALL AGES</b>	
12:30-1:00pm						Private/Group Training	Private/Group Training	Private/Group Training	Private/Group Training
1:00-1:30pm									
1:30-4:00pm									
4:00-4:45pm	4:00-4:45 <b>-Youth Tech- White &amp; Yellow</b>		4:00-4:45 <b>-Youth Tech- White &amp; Yellow</b>			Private/Group Training	Private/Group Training		
4:45-5:00pm	4:45-5:30 <b>-Youth Tech-G/B &amp; Cond. Sparring</b>	4:30-5:30 <b>-Youth Cardio-</b>	4:45-5:30 <b>-Youth Tech- G/B</b>	4:30-5:30 <b>-Youth Tech- All Levels</b>	4:30-5:30 <b>-Youth Cardio-</b>				
5:00-5:30pm									
5:30-6:00pm	5:30-6:30 <b>-AdultTech- G/B+Cond sparring</b>	5:40-6:30 <b>-High Cardio-</b>	5:30-6:30 <b>-Adult Tech- White /Yellow</b>	5:40-6:30 <b>-High Cardio-</b>	5:30-6:30 <b>-Adult Tech- W/Y/G</b>				
6:00-6:30pm									
6:30-7:00pm	6:35-7:25 <b>-Cardio-</b>	6:35-7:25 <b>-Cardio-</b>	6:30-7:30 <b>-AdultTech- G/B/R/B</b>	6:35-7:25 <b>-Cardio-</b>	6:35-7:25 <b>-Cardio-</b>				
7:00-7:30pm									
7:30-8:00pm	7:30-8:30 <b>-Adult Tech- White /Yellow</b>	7:30-8:30 <b>-Adult Tech- ALL LEVELS</b>	7:40-8:30 <b>-Cardio-</b>	7:30-8:30 <b>-Adult Tech- ALL LEVELS</b>					
8:00-8:30pm									
8:30-9:00pm	Private/Group Training	Private/Group Training	Private/Group Training	Private/Group Training	Private/Group Training				
9:00-9:30pm									



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