

FIGHTIN' WORDS

Nov. 2007

Round 10

HALL OF FAME EXCLUSIVE

TRAINER AND MEMBER PAIR UP TO KICK SOME BOOTAY!



Member Kendra Keating with Frank "The Tank"

Missed the Total Combat MMA show on November 4th? Well, for our members who were there to cheer on our own Frank "The Tank" Salgado, it was the most exciting, nerve-wracking, adrenaline-pumpin' 15 seconds of fun of their lives! Yes, that's right. The fight was over in 15 seconds as Salgado knocked out his opponent with an overhand right and then immediately followed up with a quick "ground and pound" before the official pulled him off his opponent.

"It was so awesome!" claimed Amanda Kostelny. "I wish all the members could have been there."

And, sitting cageside to witness this excitement was Kendra Keating, our landslide "Summer Sweatfest" winner and training client of "The Tank". Kendra is also known to many members now as one of the women who, hands-down, had the best fight at the BOXING CO.'s own "October-Feast." This afternoon was also filled with excitement (and free HODAD'S burgers... yum!) as Kendra and Jessica Frenkel got into the ring and kned, kicked, blocked and punched their way through two 2-minute rounds. With all the screaming, one would have thought this was a title fight. It wasn't. This excitement just happens when two members who really give it their all are paired up to go toe-to-toe. Look for more member events coming soon! You could be our next addition to the BOXING CO. Hall of Fame!

MARK YOUR CALENDAR:

Thursday, Nov 29th: DJ PEPE returns with LIVE MUSIC for the BOXING CO. November birthday party. (Yes, if you were born in November, we're having a party for you!) Bring your gloves!

Nov 23rd-Dec 20th: Holiday Food Drive. Help support your community. Bring canned goods in and help decorate our tree.

GIFT GIVING GETS EASIER



Need a new gift idea for the holidays for your friends and family? Tired of hearing your friends talk about how they want to train with you? Sick of hearing your relative say they really wish they could drop some weight? The BOXING CO. has gift ideas for your loved ones who have been talking about boxing forever.

Come see us at the Front Desk for gift ideas for the holidays. This includes membership and private training. And, don't forget to drop the hint to Santa (or your loved ones) if YOU want to punch Tony, Jhanex, Lucky, or any of the trainers. We're positive you've been nice this year, right?!

DUES OR NO DUES

Attention Members: DUES OR NO DUES Contest is still on-going! Bring your friends in and win!