

CPA by day, "Crusher" in disguise

So it is that dreaded season again. No, we're not talking cold season. We're talking tax season! (Booooo!) What is it like being on the receiving end of all the groans and grunts? Well, we don't have any boxers from the IRS (well, no one that we know of), but we do have a boxing accountant, David Van Ness. David, a certified CPA, has been kickboxing with us for almost 2 years. When asked about taxes, David simply states, "I help companies track on a monthly basis or by job/department on how they are doing. That way they can manage from a knowledgeable position. Tax returns are easy if this is done... Most CPA's understand how the numbers are formulated before they go into the tax return. Many who are just "tax preparers" take the numbers and put them in the tax return and take your money. If it ever comes to an audit you better hope who ever prepared your tax return can answer why they did the things they did, and why the result is the way it is."

David, who recently has set up office within steps from the Boxing Co. sometimes just stops by to say "Hello" on his way back from Jamba Juice and comes back later for kickboxing. Next time, David, we'll take a Mango-A-Go-Go with an Energy Boost. See you in class!

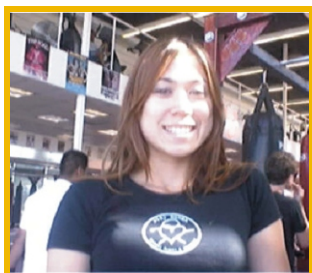
Show up at to the Boxing Co. between 5:30-8:30 pm on almost any Monday through Friday and you'll probably find yourself working out with Adam Evans. Yes, he's pretty much a fixture here. Adam has been with us since mid September and has lost over 30 lbs and dropped 3 pants sizes! "I have to bring a couple shirts as I tend to end up drenched after a boxing class."

Adam tells everyone he knows about the Boxing Co. "A lot of people think that working out at here means you have to spar and get hit. Although I enjoy sparring there are a lot of other activities that don't involve the possibility of parts of your face moving around like a Mr. Potato Head doll."



Even after the classes, Adam jumps on the Lifecycles for bit more cardio. There are only a few things Adam dreads here. "I hate the "bicycle" exercise during abs work. That exercise makes me feel more like a big dumb animal than any other, besides the "ballerina", of course." Good job Adam! See you soon in the "Sudden Impact" class! (hint, hint).

BOXING CO. "BENCH OF SHAME"



Meet Nina. Nina looks nice. Underneath that smile, Nina is an animal. Punch, Nina Punch! Nina likes to kick Tommy.

Meet Tommy. He is an instigator. Punch, Tommy, punch. Tommy likes to talk smack about Nina.



Tommy and Nina have been "friends" for over 3 years. Both are HUGE into competition but are quick to blame the other for starting the entire workout rivalry. Nina claims that Tommy was "milking the clock to get extra punches" in our 2005 Summer Sweatfest. When asked about this, Tommy calmly replies, "Who said that? Did PRINCESS say that about me?"

One thing both Nina and Tommy have in common is this: They both give it their all every time they train. In fact, their favorite things are repeater kicks, bicycle crunches and tabletops. Next time you see them in class, ask them to do some extra ones.