

# FIGHTIN' WORDS

Spring 2006

Round 4

## NEW CLASSES FOR EVERYONE!

With more boxing and kickboxing students infused into the mix, the BOXING CO. is adding new classes starting Monday, May 8<sup>th</sup>. At 6:30 pm every



Monday and Wednesday, members can now hop into a fast-paced, guns-a-blazin' kickboxing bag circuit class taught by Captain Ensley (see dog tags at front desk) and "Major Pain" Stephanie (need we say more?) Or, for those that

want to focus on specifically on Muay Thai, there will be a simultaneous serious skills class led by one of our newest, pro-fighting trainers, Jhanex.



Registration and shinguards are required for the Muay Thai class. Sheer willingness to get your butt-whooped is all you need for the Kickbox Circuit Class. And, if your routine includes 6-Pack Attack, be ready now at 5:45 pm. See you in here!

### Bench of Shame Exclusive

## TOTO, WE'RE JUST NOT IN KANSAS ANYMORE

Drive into the parking lot at the BOXING CO. in the afternoon and it is hard to miss the bright yellow convertible mustang owned



by one of our unique members, David Walker. Who is David Walker? And why does the name "Hollywood" fit him? Let's find out.

Q: What do you like about the Boxing Co.?

A: Can you beat the fact that you are getting in shape while learning how to throw mean, nasty blows? Love it!

Q: How has being a member changed you?

### Win A Free Membership!

Did you give your friend your \$100 GIFT CHECK? When they sign up using your Gift Check, you'll be entered into a drawing to win a **FREE One Year Membership**. Hurry! Drawing held on May 31st.

A: Well,... I am almost 30 pounds lighter than when I joined... My self esteem and energy is through the roof and the keg of beers that I carried in my stomach is now down to a few shots. Word!!!

Q: When you are 99 years old, will you have a bright yellow wheelchair and try to beat other senior citizens to the early bird specials?

A: Not only will my wheel chair be bright yellow, but it will have spinning rims and dice... I'll also beat the other seniors to the buffet by using use my previous boxing skillz or I'll have to pull their colostomy bags to make sure that I have first spot on the line next time.

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## Bench of Shame (continued)

Q: Why do you come back for all the abuse from the front desk staff?

A: My intentions happen to be to abuse the staff, but some how I end up with the short end of that stick every time...I am challenged by the team of Ms. SmartAzz USA composed of Enz, Marie, Amanda, and how could I ever forget the Queen of Smack Talk Bill's wife!!!

So, reader, is Mr. David Walker just a glutton for punishment? Don't really know. But, the front desk staff will keep fighting to find the truth. Stay tuned!

## MINI MONEY LEADS TO MAJOR WINNINGS

Have you seen all the Monopoly-like play money floating around the BOXING CO.? If you haven't, then you need to open your eyes. MINI MONEY is everywhere! Just by referring your family, co-workers, and friends (we assume you have tons), you can win. Buy t-shirts, wraps, gloves, drink cards and even personal training sessions.



MINI MONEY winnings will continue through 2006 (gee, that's a long time!) And the more people you bring in, the more prizes you can win!

## BOXING CO

# RING OF FAME

Pick almost any day during the work week, and chances are you may be in class with Geoff Gastelum. Geoff, has been a member since November 2005. Many members have witnessed a noticeable change as Geoff boxed his way into better health.



Geoff pictured here with 6-Pack Attacker Ensley

"The staff and other members of this place are friendly and willing to go the extra mile to teach and show you the right way to box or kickbox. I get a great workout in the classes that I attend... The classes have been tremendous, helping me reach one of my goals of losing weight."

So what brought Geoff into the BOXING CO.? Actually, he was driving around looking for a Nextel shop. Geoff found on his journey, a place that not only made him feel great, but also treated him "like family." And was this really what he was looking for?

Sure sounds like it!

## WHY I SHOULD NOT BE "MEMBER OF THE WEEK"

A few of our beloved and favorite members "voluntarily" filled out a form on why they should NOT be "Member of the Week". Many, of course, did think they would win a prize. Their "prize" is to have their notoriously famous answers now published in our newsletter. Enjoy!

**Daniella L:** "Because I am too busy to come. When I'm not really that busy, I'm too tired. When I'm not too busy or tired, I make something up."

**Carson P:** "I don't show up for extended periods. I cut out early from classes. I am too beautiful."

**Jeff R:** "I hurt my back while doing the dishes and couldn't come in for 2-1/2 weeks."

**Caline A:** "Because I'm better than everyone else... and I'm the most humble girl ever."

**Tony V:** "Because I only took Marie's class once. Because I never, ever took Ensley's class. Because I don't workout everyday and eat cheeseburgers on the days that I don't."