

# What to Expect During Sessions

Your first session will include a free 15 - 20 minute assessment to discuss goals and any specific injuries you may have.

Each session will be designed for your individual skill level. From working on boxing fundamentals such as proper boxing stance and form, protecting the body and keeping hands up for defense to more advanced skills, this program will meet each aspiring boxer where they are at.



**Dustin Hollister**

Now retired, Dustin is a former mixed martial arts fighter, Brazilian jiu-jitsu competitor, amateur boxer, and Muay Thai practitioner. Dustin trained and fought throughout California, and The Pacific Northwest from 2006 to 2012. Since retiring He is passionate about coaching boxing and kickboxing for fitness. He enjoys helping people build confidence through boxing and kickboxing and providing new and fun workouts people can incorporate into their routines. He is looking forward to sharing his knowledge in a safe, fun environment. He trains youth and adults.



1. Tailored Workouts: Get personalized training plans that suit your skill level and training.
2. Proper Technique: Learn the right form to maximize effectiveness and prevent injuries.
3. Motivation Boost: Stay accountable and motivated with expert guidance and encouragement.
4. Mental development: Learning and training boxing and kickboxing helps develop sharper reflexes, balance, and focus. It will keep you thinking quick on your feet, as well as develop problem solving skills.
5. Mental Toughness: Develop mental resilience and confidence to conquer any challenge.
6. A Great Workout! Boxing and kickboxing is one of best full body workouts. It can add variance and value to your workout routine.

## Meet the Trainer

# Rates

## FACILITY MEMBERS

### INDIVIDUAL TRAINING

#### 30 MINUTES

\_\_\_ \$38 1x    \_\_\_ \$198 6x

#### 60 MINUTES

\_\_\_ \$65 1x    \_\_\_ \$360 6x

### PARTNER TRAINING

#### 30 MINUTES

\_\_\_ \$60 1x    \_\_\_ \$330 6x

#### 60 MINUTES

\_\_\_ \$94 1x    \_\_\_ \$528 6x

## COMMUNITY MEMBERS

### INDIVIDUAL TRAINING

#### 30 MINUTES

\_\_\_ \$55 1x    \_\_\_ \$297 6x

#### 60 MINUTES

\_\_\_ \$83 1x    \_\_\_ \$440 6x

### PARTNER TRAINING

#### 30 MINUTES

\_\_\_ \$94 1x    \_\_\_ \$528 6x

#### 60 MINUTES

\_\_\_ \$138 1x    \_\_\_ \$792 6x

### SMALL GROUP TRAINING

#### 60 MINUTES

\_\_\_ \$99    1 Session

\_\_\_ \$560    6 Sessions

\_\_\_ \$1100    12 Sessions

**\*Max 8 participants; extra fee for the 7th & 8th participant**

# Registration

Name: \_\_\_\_\_

Phone#: \_\_\_\_\_

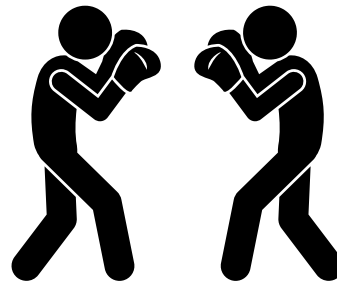
Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Male / Female      DOB: \_\_\_\_\_

Email: \_\_\_\_\_

**Please Complete  
Registration with the  
Member Services Desk**



The Y does not allow any personal training / coaching on the Y campus by people who are not employed by the Shasta Family YMCA. Trainers are identified by Y shirts and name tags.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAINING TOGETHER Boxing at the Y

**Boxing is for EVERYONE!**

