

Not Sure if Boxing is for You?

We are confident that our non-contact, high-energy workouts will make you believers. Pan Am's supportive environment teaches beginners the boxing basics everyday. We work with individuals at any fitness and skill level.



Our blend of training techniques has benefited many athletes from different backgrounds. Whether your preferred sport is football or tennis, boxing can kick up your performance level by dramatically increasing your strength, cardio and overall fitness.

Pan Am's Hours of Operation and Fees

Our classes are one hour of intensive boxing training. You will use the heavy bag, stairs, focus gloves and skipping ropes during your workout. At Pan Am we have seen the benefits a healthy and active lifestyle have on youth. Our qualified coaches and dedicated volunteers are excited to work with students that are ready to take the challenge.

CLASS START TIMES

Mon	12:00, 5:30* , 7:00
Tue	6:45am, 12:00, 7:00
Wed	12:00, 5:30* , 7:00
Thus	6:45am, 12:00, 7:00
Fri	12:00, 5:45
Sat	10:00am
Sun	12:30

***Youth class**

REGULAR STUDENT FEES

\$10	drop-in
\$70	10 class pass
\$50	one month
\$130	three month
\$500	one year
\$75	25 classes in school year
\$130	55 classes in school year

That's under \$2.50 a class!



This Year Earn Your School Phys Ed Credit at The Pan Am Boxing Club!



An exciting chance to learn a new sport while earning a required P.E. credit!

Tel: (204) 957-7666
www.panamboxing.com
Email: henns@panamboxing.com

About Pan Am

Pan Am is the longest running boxing club in Manitoba. We are a non-profit organization located in Winnipeg's Exchange District. Our membership consists of the professionals and youth in the community



Our regular programming includes non-contact classes and competitive training. Our youth program, which consists of two classes a week, has been running successfully for many years.

Our most recent Program has been designed for grade 11 & 12 students in the Winnipeg School Division to meet the mandates of the required Phys Ed Credit. Students can fulfill their required 55 hours of Physical Activity at our hour-long youth classes.

Meeting the Mandates

Students

The Physical Activity Practicum makes up 50% of the Phys Ed credit and can be earned at Pan Am

- Complete the 55 hours of physical activity during our one hour classes

- Use the help of our volunteers to create a fitness portfolio & workout logs

The Flexible Delivery Component (25%) can also be earned at Pan Am

- Assist in classes and develop fitness leadership skills

- Complete additional hours of physical activity with our classes

Gym Teachers

Bring a group of your students to our facilities where they can experience one of our intense workouts as a class

Arrangements can be made for a time during the school day or after school hours. If you're interested in doing more than just one class, we can even come and lead a session at your school.

Sign-Up

To sign-up for a student membership come to Pan Am around 15 minutes before the first class you want to take.

For Gym Teachers to arrange for a class for their students, email henns@panamboxing.com or call 957-6777.



Why Boxing?

The physical benefits of boxing training include increased cardio, strength, endurance, energy and coordination. The mental benefits include improved discipline, focus and motivation both in and out of the gym.

Boxing often gets the undeserved reputation of being a violent and dangerous sport. **At Pan Am our classes are entirely non-contact and we would be happy to address any of your safety concerns**