



Pan Am offers the hardest workout in town!

Pan Am Boxing Club is a not for profit organization that focuses on community health through pure boxing training. Run primarily by volunteers, and offered to all ages and demographics, Pan Am provides its membership the physical and mental training of a boxer - with or without the contact!

Keeping YOU in the Loop

Welcome to Pan Am Boxing Club's first newsletter of 2008! There's always something going on at Pan Am, with the Manitoba Amateur Boxing Association (MABA), and within the boxing community itself and this is just one of the ways that we're working towards keeping you in the loop as to what's going on. So kick back, read on, and enjoy!

Forty Years of Pan Am Stories

Believe it or not, but you, and others like you, have been coming to Pan Am for 40 years! A lot has changed in that time, yet so much remains the same... Ultimately Pan Am was founded in part to support the community and inner-city youth through the fitness and sport of boxing. The vision of Pan Am's founding fathers **Ed Yaremchuk** and **Al Wall** was to create an environment where they could develop fighters by teaching them the mental, physical, and discipline aspect of the sport as well as the technical skills required.

Boxing was Ed's life and though he already had a full time job, he devoted an incredible amount of time to the sport and to the fighters that came through Pan Am's door. The club was initially located in a Fire Hall on Talbot and later moved to Pacific Avenue East where apparently the stairs were so steep, you had to really watch your balance on the way down! In 2000 Pan Am moved to its current location at 245 McDermot. There is more to tell of this story and it all will unfold in upcoming newsletter editions.

Coached by Ed Yaremchuk, **Harry Black** has been an integral part of Pan Am over the years and not only fought (quite successfully) but also early on began volunteering his time at the club. In 1990 he assumed more of an operational role

and officially took over Pan Am when Ed passed on in 2002.

Yep, Harry's been around the club a long time and he continues to ensure its goals and objectives carry on in the spirit in which Pan Am was founded. Pan Am remains a not-for-profit entity and one that is still predominantly kept operational by a strong volunteer complement that looks after a number of things including leading and assisting classes, working the front desk, coaching and overseeing sparring, writing its newsletters, cleaning its floors, and orchestrating fight cards. Pan Am also continues to focus on the same founding principles of developing fighters, as well as anyone looking for an honest, bread and butter, mental and physical workout. As a result, today the club has two main programs of focus

1. **The Competitive Boxing Program** consists of a number of youth and adult individuals who train, spar, and actively participate in local and non-local fight cards. The club and its coaches work towards conceiving and developing its members into the best Pan Am Boxers they can be.
2. **The Non-Competitive Boxing Program** consists of the youth and regular classes and the focus is boxing training, boxing training – a hard core, suck it up, push yourself workout! Though this group may never actually step in the ring, they will be trained just the same as those that do. It's all about the mental and physical discipline and the technical skill required. The accompanying weight loss and toning that happens is a side benefit by-product (one usually welcomed by many)

Happy 40th Anniversary Pan Am!

Class Schedule

There's been some additions to the Pan Am class offering schedule; particularly with the addition of an **Early Bird Wednesday WARRIOR workout** and another lunch class on TUES. Classes now run as follows

Time	Day
6:45 – 7:45AM	WED
12:00 – 1:00PM	MON/TUE/WED/FRI
5:30 – 6:30PM	MON/WED (Youth)
5:45 – 7:00PM	FRI
7:00 – 8:15PM	MON/TUE/WED/TH
10:00 – 11:15AM	SAT
12:30 – 1:45PM	SUN

Can't make a class but want to get a work out in? Or maybe you feel like "doing your own thing"? Then you'll be interested in knowing that Pan Am also offers open gym times where you can swing by and do your own workout, when you like, how you like, for as long as you like during the following hours.

Time	Day
4:30 – 7:00PM	MON - FRI
9:00 – 10:00AM	SAT

Floats like a butterfly, sting like a bee, his hands can't hit what his eyes can't see.
~Muhammad Ali

Class Fees

As always, Pan Am offers a number of different membership options to accommodate all pocketbooks and timeline commitments.

Type	Rate
Drop In	\$10
10 Pass	\$70
1 Month	\$60/ Students \$50
3 Month	\$160/ Students \$130
1 Year	\$600/ Students \$500

Lockers are also available for \$5/month – hey why lug your gear when it can be there waiting for you? See the front desk for more info.

Our AMAZING Volunteers and Staff!

Pan Am has two new employees to welcome into its ranks and neither are strangers to the club.

Welcome to **Rafael Bustillo** who now works the front desk (and his counterpart **Iryna Tovpa** who is never far from his side) and **Dennis Bercier** who is now looking after club maintenance as well as providing seasoned veteran coaching tips. Dennis is an old school Pan Am fighter and two time National Welterweight champ – he was actually a Pan Am member before Harry was – that's how far he goes back with Pan Am. Dennis has seen much and has definite sage advice to give to those wanting and willing to listen.

Outside of its two part-time employees, Pan Am is very fortunate to have an incredibly strong volunteer contingent of folks who give of their time and talent in many extraordinary ways.

On the Competitive Program side, Coaches and Leaders **Harry Black, Roland Vandal** and **Kelly Page** work with the fighters to help our amateur athletes acquire the training, mental, physical, and technical experience they need to progress in their boxing careers. These three also participate in the Non-Competitive Program by leading various adult and youth classes throughout the week.

Other Pan Am leaders and assistant leaders who work hard to give the members the best boxing workout around include **Sue Scott, Darcy Ataman, Bridget Riquelme, Gino Allegro, Kevin Walker, Ami Kotler, Randy Regier, Therese Deleurme, Joanne Boisvert, Tom Rossi, Aaron Rayter** and **Lisa MacKenzie**.

Manning the front desk is another task fulfilled by volunteers and the following folks are the welcoming smiling faces you see just before you start your workout: **Dave Harms, Garret Munch, Lindsay LaFreinais, Leo Lopez, Iryna Tovpa,** and **Jane Simms**.

And of course there's lots of behind the scenes work that gets done; like providing music and doing some recent art work (**Dave Leochko**) or when a fight card is put on at Pan Am. In the past few cards that Pan Am held, many of the

folks already mentioned above, plus other adult and youth alike, have readily signed up and signed on to help before, during and after the fights.

We owe much to our volunteers and extend a **HUGE THANK YOU** for their passion, dedication, determination, time, energy and effort. You are incredibly appreciated and without you, the club would not be able to support the membership it has or provide the class offerings it can. If a leader or other Pan Am volunteer made a difference in your world, put on a great class, or gave you the extra push you needed, don't be shy in telling them; high fives, and "thanks" are valid and valued forms of currency at Pan Am.

If you have some time and energy to give and want to assist with the front desk, classes, or fight organization, please **see Harry Black**. We're currently geared up with a strong raft of leaders and assistant leaders however could use additional help in manning the front desk and helping to organize fighter training/sparring sessions among other things.

Pan Am News

- Pan Am has a Facebook group called "**Pan Am Boxing Taught Me How to Box**" and there you'll find a community of past and present Pan Am members, Discussion Posts, and all the most current boxing and fight-related news, all in real time. Join in and stay up to date on the latest PA news....
- Pan Am recently placed an order for warm up suits for all its fighters. They're black, way cool, and will have Pan Am Boxing Team and the Pan Am logo on them. You won't be able to miss a Pan Am fighter when they're sporting these coveted outfits!
- The **Spit Bucket Juice Bar** – located on the second floor of Pan Am – should be reopening by the end of MAR. Closed temporarily until a replacement commercial grade dishwasher can be located, the Juice Bar offers protein nutritional drinks and supplements. Perfect for a pre or post-boxing workout! Stay tuned for more details on the grand re-opening
- As part of a new tax program, families with active kids can benefit from what's called the **Children's Fitness Amount**. Boxing is

one of the physical activity programs that qualifies for this credit and parents can claim up to \$500 per child on their tax returns. Pan Am can issue receipts for the 2007 tax year to parents who enrolled a child under the age of 16 in boxing classes at Pan Am. All parents have to do is provide us with the name of the child, child's birth year, amount and date paid, as well as how paid. See the front desk for more details.

Pan Am Facts & Figures

So you've been coming to the club for awhile now...maybe it's been a year, a few months, a month, or maybe even just a week. Regardless of how long you've been at the club, you've certainly experienced some TOUGH workouts – both mentally and physically, and sweat like you never thought possible.

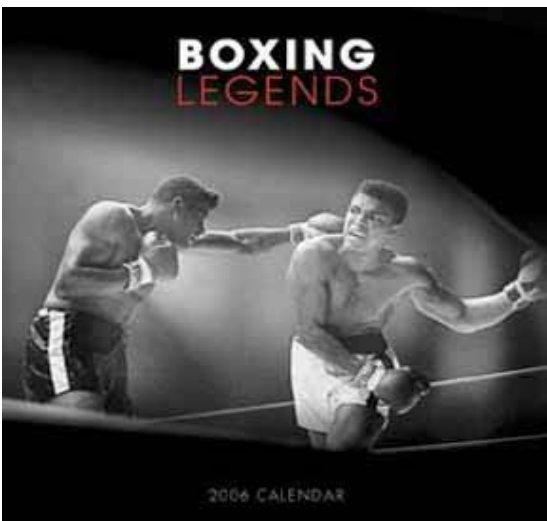
You've probably found that you are a little leaner than you were that first time you walked down the stairs and into the club. You've probably also learned a bit about the club along the way but you may not be aware of some key things that – besides its great volunteers, facilities and fighters – makes Pan Am, Pan Am.

For example, Pan Am....

- Offers 14 classes a week and has more open gym time than any other club in the city
- Has approximately 150-200 active members
- Puts on about 6-8 fight cards a year with all proceeds going back towards its various programs and the club's operations
- Is one of the only clubs to offer a non-competitive program; anyone who wants to train like a fighter but not set foot in the ring has the opportunity to do so at Pan Am
- Has a very strong youth program in place and partners with various Manitoba schools and youth sport organizations including volleyball, hockey and tennis for cross-training purposes.
- Runs an "At Risk Youth" program
- Is the only club to host an annual "White Collar Fight Card"; a fundraiser event that gives individuals who are, shall we say, past the age where boxing could be their profession, the opportunity to challenge themselves and each other by stepping into the ring

- Offers a free, five minute athletic massage therapy service on various TUES or WED nights during the evening class. Pan Am Member and Athletic Therapist **Clarise Lim** has been engaged for this valuable service offering
- Has the most equipment available for its members to use (bags, bag gloves, ropes, medicine ball, treadmill, free weights, universal systems etc). The world is your oyster at Pan Am!
- Was constructed by a slew of various volunteers who provided labour at a reduced rate or gave freely of their talents and effort (have you ever looked at the detached metal rafters upon which the bags hang? They weren't there when Pan Am moved in, that's for sure!)
- Provides a facility for an AA group and its members to meet once a week
- Has decorated its walls to be a historical tribute to past and present fighters - amateur and professional, local and worldwide. Every framed newspaper clipping hanging on the wall is there for a special reason and the artwork on the walls of various fighters is not at all random.....

Pan Am has a story to tell – many in fact. Which is why each future edition of the newsletter will shine some light on the meaning behind it all... In the interim, take a moment one day and really check out the surroundings at Pan Am....the story is there, just waiting to be told and waiting to be heard yet once again...



Continuous Club Improvements

If you've been at the club for awhile, you may have started to notice all the continual improvements and upgrades that happen over time. If you haven't, here's the listing – and it's a long one folks!

Last summer the boxing ring got a brand new canvas floor and fans were installed to help circulate air better in both the workout area and in the change rooms. Security cameras were put in for overall safety and 20 new sets of bag gloves were purchased. Then in OCT, 14 new medicine balls made their way to Pan Am's floor ('cause we love medicine ball for them strong abs!) and four new pairs of gorgeous sparring gloves were purchased.

Most recently the change rooms got a bit of a facelift with some brand spankin' new shower curtains, the speed bag has been set up in a new location, the double-end bag is back, five new bags have been installed, and the weights area was reorganized to accommodate a donated treadmill and two universal systems.

Our thanks go to **Sue Stenson**, (owner of Sue's Clothing located at Academy & Kenaston) who donated the treadmill and to **Ian and Jeff Rabb** (Dorchester Developments) for donating the two universal systems.

It's not always easy for a not-for-profit entity to do upgrades and large scale changes, but Pan Am is very much committed to continually making your boxing workout experience that much better as it is able.

So when Pan Am hosts a fight card or other fund-raising event...**C'MON out!** Bring your friends and loved ones. Heck, bring people you don't like because all monies raised go back into purchasing equipment, sending our fighters to other cities and doing general club improvements.

Getting You Geared Up

Boxing doesn't require a lot of specialized or expensive gear like some sports and with the exception of wraps, Pan Am pretty much provides all the equipment you need during a class – like gloves and a skipping rope. Wraps are a good thing and whether you're using your own gloves or the Pan Am communal gloves you should be wearing them as not only do they protect your hands from injury, but they also help extend the life of the gloves. In the case of the Pan Am communal gloves, wraps also form a bit of barrier between your hands and all the hands and sweat that came before you.

Individuals normally buy their own gloves when a) they want something other than the Greenhill Tigers or b) they'd prefer knowing that the only hands that have gone before them into a pair of gloves was their very own.

There are a couple of recommended places in the city to purchase gloves and/or wraps; one of them is **Full Contact Sports** and the other is right at Pan Am. Full Contact Sports is located at 18-1391 St. James Street or online at www.fullcontactsports.ca.

As a service to our membership, we keep a small amount of inventory from Full Contact onhand and wraps are \$15 sold separately or you can purchase a package of bag gloves and one set of wraps for about \$55 at the front desk.

The front desk is also the place where you can check out and buy yourself some cool Pan Am logo'd gear. Currently we have the following items on display and available for purchase.

Pan Am/ Boxing Saves Kids Hoodie	\$100
Pan Am/ Boxing Saves Kids T-Shirt	\$20
Pan Am Boxing Team Warm Up Suits (Competitive Fighters only)	\$120

Pan Am Fighters ~ Past and Present Stories

In this section we'll be taking a look at the bios of Pan Am fighters – ones who graced the doors moons ago and ones who are currently fighting under the Pan Am banner.

Fighter Stories of the Past

Future editions will go into detail of these amazing fighters of days gone by but for now, here is a snap shot of the great stories and characters you can expect to hear about in the future....

Peter O'Kane, Bobby Olsen, Dennis Bercier, Bill Turner, Len Johnson, Gus Tolenier, Arnold Prince, Charlie Carol, Eddie, Al Sparks, Wayne Caplette, Cliff "Baby" Powder, Terry "keeps on ticking", Terry Jesmer, "The Golden Boy" Donny Lalonde and most recently the husband and wife team consisting of Jo-Anne Brooks-Godard and Damien Godard.

Fighter Stories of the Present.... and Future!

Pan Am is in the fortunate position of having a number of current fighters to choose from but for the inaugural edition of this section, one name quickly comes to mind.

He's the pride of Pan Am; omni-present at the club through working out, sparring, leading classes, coaching fighters or fighting on various cards. Who else could it be but our very own, very special, **Kelly Page!**

Kelly started boxing at age 17 and in addition to his own boxing career, has coached, led classes, been actively involved with the youth program, and likely either taught or has helped correct, the boxing stance of the majority of Pan Am members today.

Though he's no longer officially working at the club, he remains committed to Pan Am and in addition to his continued volunteering, he's built quite the fighter resume...

Kelly has gone to Provincials three times and twice won in the 69kg category. Representing the Manitoba Provincial Team, he's been to Junior Nationals once and Nationals (Boxing Canada Amateur Championships) twice. He's also been to Ringside World Championships

three times and in 2006 he took home the Silver Medal in the 69kg category.

To date, he's got just shy of 60 fights under his belt and there's just no stopping him. He's ready to fight anywhere, anytime and will be once again training up for Ringside in the summer – with a whole contingent cheering him on both in Kansas and back home.

Until then, you can find Kelly teaching the regular 7PM class on TUES nights, the youth class on WED nights and doing his own training work out most nights right after work.



**The fight is won or lost far away from witnesses — behind the lines, in the gym and out there on the road, long before I dance under those lights.
~ Muhammad Ali**

News from the Manitoba Amateur Boxing Association (MABA)

MABA is the acronym for the Manitoba Amateur Boxing Association and it is the body that governs boxing in Manitoba. MABA is responsible for all the fight card sanctioning, providing officials for fights, coaching certification, certification training, allocating government funding and a raft of other things.

They are physically located in the Sport Manitoba Federation building on Main street; **Rosemary Broadbent** is the current President of the organization and **Darlene Motoska** is the Admin person taking care of operational matters.

The MABA office currently has a call out to see what demand is like to hold a Technical Boxing level 1, 2, or 3 course offering in the near future. The course would likely be taught by **Mark Collins** who runs Alliance Boxing and also coaches for the Manitoba Provincial team. Technical courses typically run over a weekend (all day SAT and all or part day SUN) and not only apply to making you a better boxer and/or Leader, but also count towards your Coaching Certification if that's something you ever want to pursue. If you're interested in any or all of the courses, call **Darlene at 925-5658** to get on the wait list.

News from the Boxing World

Where MABA is the governing body for boxing in Manitoba, AIBA, the **International Amateur Boxing Association**, is the body that governs the sport internationally. They recently approved new competition rules which will come into effect after the 2008 Olympic Games.

Name Changes

- The "Senior" classification, consisting of those 19-34, will be referred to as "**Elite**"
- The "Junior" classification, consisting of those 17-18, will be referred to as "**Youth**"
- The "Cadet" classification, consisting of those 15-16, will be referred to as "**Junior**"

Rounds

Class	Male	Female
Elite	3 rounds x 3 mins	4 rounds x 2 mins
Youth	4 rounds x 2 mins	3 rounds x 2 mins

Weight Categories

The women's and youth categories have been reduced from 13 to 11 to be more aligned with the men's. The new categories are as follows~

46kg – 48kg – 51kg – 54kg – 57kg – 60kg – 64kg – 69kg – 75kg – 81kg & 81+kg.

Recent Fight Results

Pan Am fighters are always out in full force be the fight at our club, another club, or even in another city. Below are the recent results of how our warriors fared!

FEB08 – Crescentwood

Crescentwood's card kicked off a MABA boxing clinic weekend and fighter's from ON were brought in for the bout. Pan Am had three youth fight on the card, all who did a great job. **Yuri Weinberg** won his bout and did an amazing job with good straight jabs. **Loch Inglis** was matched against an aggressive fighter and lost his bout. **Billy Cameron** stepped into the ring for the first time and while it was not his hand that was raised, he crossed that threshold of having had his first fight. Congratulations fighters!

FEB23 – Lonsdale (Regina)

Leaving Winnipeg at 9am, Coach **Roland Vandal** and fighters **Kelly Page, Loch Inglis, Yuri Weinberg** and **Billy Cameron** made the trek out to Regina to fight on Lonsdale Boxing Club's card that night. We had hoped to find a match for **Jane Simms** for her first fight but it was not to be this time. Kelly and Loch won and Yuri and Billy lost their matches and live on to fight another day. Well done guys!

He who is not courageous enough to take risks will accomplish nothing in life.
~Muhammad Ali

Let's Get Ready to Rummmbble!

Get ready because Pan Am will soon be hosting its first fight card of the year! It looks like **APR19** will be the first one and tentative dates for fights throughout 2008 are as follows

- **MAY31**
- **AUG16**
- **OCT25**
- **NOV15** - The Annual White Collar Brawler Fight Card! A great fundraising event for those >35 to get in the ring and show their stuff
- **DEC06**

A volunteer sheet for the **APR19** fight will be up shortly and tickets will be available at the front desk and at the door for around \$10.

Taking it to the Next Level

From time to time when you've been at class or working out on your own you've probably seen folks get into the ring for some sparring. And while watching, you may have thought "Hey, that's something that interests me!" As anyone who has been in the ring can tell you, it's a different world in there as time takes on a whole different plane. And unlike working the bag, there's an entity actively trying to hit you which adds a very different angle! And for those that have done it, you know the rush, the excitement, the workout and how it helps to sharpen your skills. So if this interests you, here are the four things you gotta get done first~

1. Have your doctor complete the required Medical Form which can be found at www.panamboxing.com/MedicalForm.pdf. Sparring is all about safety and for that reason, a doctor needs to sign off that you are good to go to give it a whirl. Some doctors will do this as part of your annual check up and others will charge you an additional fee. If you don't have a doctor, the club can recommend a couple who cater to the boxing community.
2. Register with MABA as a fighter by filling out the Membership Application form – located at www.panamboxing.com/MembershipApplication.pdf. The fee is \$40 annually (JAN-DEC cycle).
3. Get yourself a mouth guard – single is preferred and you can get one at your dentist or go the "boil and bite" route by picking up a mouth guard at any Champs of Sport store.
4. Let **Coaches Harry Black, Roland Vandal, Kelly Page** or **Rafael Bustillo** at the front know that you're interesting in sparring. They'll let you know when sparring sessions will occur and will make sure that your first time is a positive experience.

I'm scared every time I go into the ring, but it's how you handle it. What you have to do is plant your feet, bite down on your mouthpiece and say "Let's go".

~Mike Tyson

White Collar Warrior Story

By day she's the Director of Customer Service at Integrated Messaging Inc but Monday through Friday from about 5:30 right 'til end of class you'll find **Robyn Crawford** running on the treadmill, hitting the bag, and planking it out at Pan Am. You can't help but notice her consistent determination, incredible commitment, and just how much she has shrunk! She remembers the exact date and exact experience of her first time at Pan Am. It was JUN27/07 and since then, she just kept coming back, at first three times a week and now five.

Two things initially got Robyn down to the club; the first was hearing friends speak of the "intense" and "sweaty" workout and the second was her love of the physical aspect and energy of the sport. Fast forward eight months later and what keeps her coming back are the results she's seen in terms of being healthier, having greater endurance, more focus, less stress, and her lowest cholesterol level ever as well as the overall Pan Am experience. "Pan Am is unbelievably awesome! The outstanding support from all the leaders and regulars is nothing short of amazing! This is what truly keeps me coming back! Someone is always giving you pointers and advice and assisting you whenever they can. The classes themselves are remarkable; they make you work to your maximum potential and still expect more from ya because you have it in you to give more to push yourself! It pushes you to be the best that you can and beyond! Honestly I can't get enough!"

When asked what words of wisdom she might have for someone new starting out at Pan Am she shared a physical tip and some fabulous encouragement. As for the tip, DO NOT hold your breath ever! And as for encouragement "Always remember that this is your first class and the fact that you came down and joined class is truly admirable and you should feel great about that! If you keep coming back, you'll always get better! Trust me! Make yourself committed and no matter what, always follow through with that commitment. It is the best feeling in the world, when you push yourself to do and be more!"

True story Robyn. You're a Warrior!

Pan Am's Movie Career Takes Flight!

Late last year the club was closed for four days while the APTN documentary **Warriors: TKO** was shot in the club. The 12 part documentary features fighters from two rival boxing clubs who train together, learn from each other and then fight. "Pushed to their physical and emotional limits, each boxer must dig deep insides themselves and find their inner warrior".

Our very own **Kelly Page** and former Pan Am member **Asmara Polcyn** are the two fighters from Pan Am who are featured in the show. **Harry Black** and **Roland Vandal** are the coaches representing the Pan Am fighters opposite the two fighters from GoJo Gym.

An inaugural showing of three episodes happened back to back on Boxing Day and the series officially launched on APTN Wednesday, MAR05 @ 4:30 pm and Saturday, MAR08 @ 1 pm. From there on it will air weekly and you can check out the way cool trailer at this link <http://video.aol.com/video-detail/warriors-tko-trailer/2507149230>.



In the Corner ~ with Coach Roland

Roland Vandal is one of Pan Am's coaches and the one who coined the "Boxing Saves Kids" slogan that you see on Pan Am gear. He began training at Pan Am in 2003, won the Native North American Ringside Championship in 2005, and made his professional boxing debut in 2007 in a King John, Colosseum fight.

He's been in the corner, in the ring, and around the block and when asked what "words of wisdom" or tips and tricks he could share for the inaugural newsletter of 2008, he provided the following~

Tips and Tricks

- When throwing a punch, pretend there is an elastic from your thumb to your ear. Throw straight out and straight back to your cheek.

Words of Wisdom

- In the face of adversity "some people break, but then some people break records" decide who you want to be
- It's all about "integrity". Do what you say your going to do
- By virtue of the sport, only one hand can go up in a fight. As long as you give 110%, you're a winner in Pan Am's eyes
- "Boxers don't use drugs"
- Loyalty and commitment are the keys to success
- Just show up and the rest will follow
- No good decisions are made from the couch
- Be teachable and open-minded for as long as you live
- In the big picture, were all on the same team



The Pan Am Mission

Pan Am is committed to providing a safe, non-harassing, non-threatening, respectful environment where individuals can develop their personal physical and mental character in a positive and healthy way.

The Pan Am Boxing Club experience should be a positive experience for everyone – its volunteers, members, staff and visitors – at all times and every time. Safety and respect are key values that we ascribe to. Should you ever see or experience something that is to the contrary, it's important that you let us know so it can be addressed – and in a timely manner. Our membership is important to us as is our Pan Am reputation so pick up the phone, type the email, or find **Harry Black** in person to discuss any concerns. Harry can be reached at 949 9113 (work), hblack@fhblack.com or down at the club on most nights.

The Pan Am Newsletter

The Pan Am newsletter will be published quarterly and continue to be chock full of more stories, more news, and more stuff to keep you in the loop.

If you have something you'd like to see/hear about, have an idea for content, or want to contribute to the content, then let **Lisa MacKenzie** know. You can find me at the club, through Facebook at lisamac@hotmail.com or via the "Pan Am Boxing Taught Me How to Box" Facebook Group. Let me know what you think.

Final Thoughts ~ by Lisa MacKenzie

If you've been around for awhile, it's hard not to notice that the club truly does have a soul; a collective fabric of members and volunteers of all different shapes, sizes and ages. Pan Am is more than just a boxing work out environment though that is its main purpose. It's also a social environment, a supportive environment, and a place where you have the opportunity to push yourself beyond sweat and beyond any perceived mental, physical, and emotional limits you may have thought were in place.

Anyone who does a class with me knows that I have a few key mantras... "Quality not quantity", "We're going to do abs excruciatingly and painfully slow" and "I see it in you and I'm going to get it out of you". It's this last line that resonates with every Class Leader and Assistant Leader at Pan Am and likely one of the key reasons that you come to Pan Am. Class Leaders/Assistant Leaders won't push you further or farther than you can go, but we will likely push you further and farther than YOU think you can go.

We're all in different shape and at different fitness levels – we're all works in progress but for the 60, 75 or however many minutes you are there, all Pan Am asks of you, or that you should be asking of yourself, is that for whatever time period you are there, give it all you got.

Ultimately to reap the most benefits, be that better health, lowered stress levels, better skill, more confidence, more discipline, or the fittest shape you've ever been in, three times a week at least is recommended but the main thing is,

do what your lifestyle and goals can accommodate and when you are at Pan Am – **GIVE IT ALL YOU GOT!**

Leave the place spent and with endorphins running rampant. Some days will be better than others but if you give it all you got each time, nothing more can be asked of you.

Boxing is the quickest, most effective route to a number of personal goals and YOU are already well on the journey!

Until next time...

Don't count the days, make the days count.
~Muhammad Ali

General Contact Information

Pan Am Boxing Club
245 McDermot Avenue
Winnipeg, MB
R3B 0S6
204.957.7666
Email: bustillor@panamboxing.com
Web: www.panamboxing.com
Facebook – Pan Am Boxing Taught Me How to Box

