

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.



Meet the Trainer



Now retired, Dustin Hollister 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.

Benefits of Boxing Personal Training

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 in boxing and kickboxing helps develop sharper reflexes, balance, and focus. It will keep you thinking quickly 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 are some of the best full-body workouts. It can add variance and value to your workout routine.

Rates

FACILITY MEMBERS

INDIVIDUAL TRAINING

30 MINUTES

___ \$35 1x ___ \$180 6x

60 MINUTES

___ \$55 1x ___ \$280 6x

PARTNER TRAINING

30 MINUTES

___ \$55 1x ___ \$300 6x

60 MINUTES

___ \$85 1x ___ \$480 6x

COMMUNITY MEMBERS

INDIVIDUAL TRAINING

30 MINUTES

___ \$50 1x ___ \$270 6x

60 MINUTES

___ \$75 1x ___ \$400 6x

PARTNER TRAINING

30 MINUTES

___ \$85 1x ___ \$480 6x

60 MINUTES

___ \$125 1x ___ \$720 6x

SMALL GROUP TRAINING

60 MINUTES

___ \$90 1 Session

___ \$510 6 Sessions

___ \$1000 12 Sessions

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

Registration

Name: _____

Phone#: _____

Address: _____

City: _____ Zip: _____

Male / Female DOB: _____

Email: _____

I hereby agree for myself, my child(ren), my heirs, executors & administrators, to indemnify, defend & hold the Shasta Family YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors & other participants in the program, harmless from any & all liability/ claims with respect to any bodily or personal injury/illness, including death, or property damage which may occur to my- self or my child(ren) or may be aggravated by participating in a Y program. I take full responsibility for my welfare & safety, & my minor children, during Shasta Family YMCA activities. I know that activities should only be engaged in by those in good health. I should consult a physician before enrolling in a Y program. I understand the Shasta Family YMCA carries no medical insurance, & it is expected that I have health insurance to cover any injuries/ losses. In case of accident or illness, the Shasta Family YMCA has permission to secure the necessary medical attention if unable to contact me or if I am unable to give conscious permission. I, individually, & on behalf of any minor children, hereby release the Shasta Family YMCA from any claim which may arise as a result of any first aid treatment or assistance provided to me with any injury that arises from participating in any Y activity.

___ I consent to be photographed & allow the YMCA to use photos taken of me and/or my minor children for promotional purposes.

Signature: _____ Date: _____



BOXING PERSONAL TRAINING

