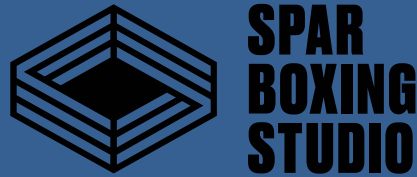


Corporate Membership ~SPAR Boxing Studio!



Location

745 Cormorant St.
Victoria V8W 0E7

Phone

250-590-6480

Website

<https://sparboxing.ca/>

Hours

Please see website for schedule

NEW THIS YEAR ~ The Greater Victoria School District has partnered with SPAR Boxing + Fitness! Female founded, locally owned and community driven. Spar offers high intensity training with options for anyBODY and everyBODY, no prior boxing experience needed!

4 Types of Classes

- Box + Burn – A box to the beat class with a focus on toning and strengthening lower body and core.
- Box X Build – Half boxing and half strength circuit, utilizing the whole studio with work on the bag and on the training floor for a full body workout.
- Sculpt + Lift – Total body strength training using a variety of equipment and training methods.
- Pads X Power – Train like a boxer, learning the technical foundations of the sport with shadow boxing, hand pads, drills and heavy bag.

Our Corporate Discount is 15% off Credit Packs and Memberships

- Unlimited Memberships – Automatically renew and range from \$129 to \$219/month
- 4/8/12 class per month Memberships – Automatically renew and range from \$85 to \$190
- OR contact SPAR for new members; an exclusive offer for first timers – 2-week class pass for just \$60
- Use code **SD612025** for a single **free class!**

How do I Join?

- Contact SPAR
- Choose your membership
- Mention that you are calling for exclusive pricing for the Greater Victoria School work for SD61 - proof of employment may be requested
- All memberships will be paid directly to SPAR

