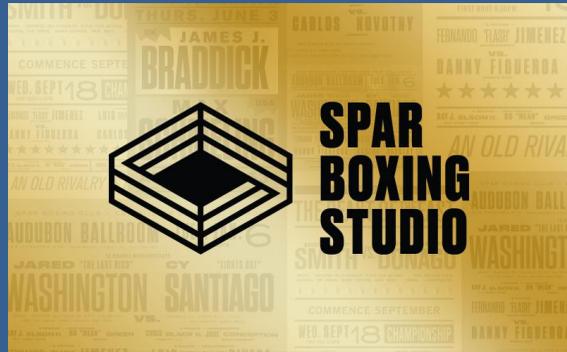


# Corporate Membership ~SPAR Boxing Studio!



## Location

745 Cormorant St.  
Victoria V8W 0E7

## Contact

250-590-6480

hello@sparboxing.ca

## Website

<https://sparboxing.ca/>

## Hours

Please see website for schedules

**Back this year** ~ The Greater Victoria School District has partnered with SPAR Boxing + Fitness! Victoria's provider of BOXING INSPIRED group fitness classes. SPAR offers high intensity training with options for anyBODY and everyBODY, no prior boxing experience needed!

## 5 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.
- **MAT SCULPT** – A Pilates inspired mat class designed to lengthen, strengthen, and tone your entire body.
- **FLOW + UNWIND** – Reconnect with yourself in this unique yoga experience blending breath-work, movement, and meditation.

## *Our Corporate Discount is 15% off Credit Packs and Memberships*

- Unlimited Memberships – Automatically renew and range from \$139 to \$219/month
- 4/8/12 class per month Memberships – Automatically renew and range from \$85 to \$199
- OR contact SPAR for new members; an exclusive offer for first timers – unlimited 2-week class pass for just \$60
- Use code **SD612026** for a single **free class!**

## How do I Join?

- Contact SPAR
- Choose your membership

