

# Chaminade Heavybag Boxing Club



**DESCRIPTION:** The club meets together twice during the week (**Wednesday at 5:30 pm and Friday at 5:30 pm**) at the STLBOX gym in Ballwin (location was formerly *Catholic Supply*). Students must have their own transportation to get to the gym. It is a 50 minute non-contact full boxing/kickboxing workout consisting of warm-up (first 10 minutes), heavy bag work/focus mitts (next 30 minutes), and abdominals (last 10 minutes). Despite being a boxing/kick-boxing workout, there is no sparring involved and no contact between participants. Rather, the participants are the ones throwing punching and kicking combinations at the heavy bags and focus mitts at the direction of the trainer.

*HERE IS THE CHECKLIST FOR YOUR FIRST CLASS:*

- **ONLINE WAIVER FORM #1:** [Fill-out the online BOXSTL waiver form](#) with a signature from one of your parents PRIOR TO YOUR FIRST CLASS. This waiver will go on file electronically with BOXSTL. WHEN YOU FILL THIS OUT, PLEASE PUT "CHAMINADE" AFTER YOUR FIRST NAME SO THAT THE STAFF KNOWS YOU ARE COMING FROM CHAMINADE (e.g., First Name\*: John Chaminade)
- **ONLINE WAIVER FORM #2:** [Fill-out the online Chaminade waiver form](#) with signature from one of your parents PRIOR TO YOUR FIRST CLASS. This waiver will go on file electronically with Chaminade.
- **DOWNLOAD THE APP:** Download the [ZenPlanner phone app](#) unto your phone. The staff will activate the app upon your first visit. It is important you utilize this app to reserve a spot in future classes you want to workout. it will serve as both your "virtual" [3 free classes punch card](#) as well as your [10 prepaid class punch card](#).
- **CLOTHING:** Wear gym clothes and tennis shoes.
- **WATER:** Bring a full water bottle (perhaps two) to the gym. Due to health reasons, there isn't a water fountain but you can purchase bottled water at the gym.
- **BOXING GLOVES:** You can borrow a pair of gloves for your first class but you'll want to invest in your own personal set of gloves which you can purchase at the club.
- **HAND WRAPS:** You need to bring your own boxing wraps (you can purchase them there for \$11).
- **MASKS:** These classes will have other participants besides those from Chaminade (many not wearing masks). For health reasons, I will be wearing a mask while working out and it is my recommendation that you do as well.

## MISCELLANEA

ADDRESS OF BALLWIN **BOXSTL** GYM:

14069 Manchester Rd, Ballwin, MO 63011

## CHAMINADE PUNCH CARD

*IF YOU DECIDE AFTER YOUR THREE FREE CLASSES THAT YOU WANT TO DO THIS LONGTERM, YOU CAN EITHER DO A MONTHLY PLAN OR A PRE-PAID CARD.*

- **CHAMINADE PUNCH CARD (\$100 flat fee)**
  - Instead of a monthly plan, you pay \$100 for a punch card with 10 prepaid classes loaded on it.
  - Once you use up the 10 classes, you can simply recharge the card for \$100.
  - When you load the 10 classes unto your punch card, the classes need to be used up within 90 days (three months) or they expire.

**YOUR FIRST THREE CLASSES ARE FREE (\$30 value)!  
ASK DR. PRETILA FOR DETAILS...**

## CODE OF CONDUCT

**BEING CHAMINADE GENTLEMEN:** These classes will also have participants who are not from Chaminade. Therefore, all Chaminade students are expected to carry themselves in a manner that reflects well upon our school. Inappropriate behavior of any sort will not be tolerated and will be dealt with immediate disciplinary action and expulsion from the club.

## CONTACT INFO

**MS. SAM SMITH (BOXSTL - MANAGER):**

- Phone: 636.220.1087
- Email: [frontdesk@boxstl.com](mailto:frontdesk@boxstl.com)

**DR. NOËL PRETILA (CHAMINADE CLUB MODERATOR):**

- Phone: 314.548.9403
- Email: [epretila@chaminade-stl.org](mailto:epretila@chaminade-stl.org)