

# STRIKING MEMBERSHIP

Unlimited Striking Classes  
Unlimited Group Classes  
Unlimited Gym Access

## One Year Paid in Full

No Enrollment / \$850 Per Year

## 24 Month Contract

\$95 Enrollment / \$65 Per Month

## 12 Month Contract

\$95 Enrollment / \$75 Per Month

## Month to Month

\$195 Enrollment / \$85 Per Month

Student/Government Discount

\$10 Off Monthly or \$100 Off Year Paid in Full

New Memberships Include Hand Wraps and Boxing Gloves

*"This is a life changing gym that has a family atmosphere with wonderful staff and people that know what they are doing! The owner and everyone on his staff are people who truly value what they do and have a passion for the people they serve." – Jansen A.*

## BOXING

Our boxing workouts provide great cardio and strength training with jumping rope, bag work, medicine ball drills, and abdominal exercises. We teach classical boxing skills and training techniques, focused on footwork, combinations, timing, and conditioning.

## KICKBOXING

Our kickboxing training involves high-intensity body weight and plyometric exercises, designed for improved conditioning, explosiveness, agility, and flexibility. Instruction focuses on combos of punches, kicks, knees, and elbows.

## GI JIU JITSU

Led by 2nd Degree Brazilian Jiu Jitsu Black Belt, David Reilly, our gi jiu jitsu instruction is second to none. We firmly believe in perfect technique at Undisputed, and all of our classes provide a physical fitness foundation with great technical instruction.

## NO-GI JIU JITSU

From beginners to professional fighters and competitors, our no-gi jiu jitsu instruction welcomes students of all skill-levels to grow in their training. At Undisputed, we emphasize drilling for technique, matched with open rolling to put the techniques into practice.

## YOUTH JIU JITSU

Designed to make sure every kid in our program has fun and is comfortable while learning the discipline of the art. We teach the foundation and basics of jiu jitsu, and as they progress, our youth learn how to be competitive and start developing their own skill set.

## U1 FIT

U1 Fit is Undisputed Fitness' very own unique group fitness class. We have taken the best parts of several exercise systems such as Barbell, Kettlebell, HIIT, TRX, and Bootcamp style classes to create the most well rounded full body exercise class possible.

## MMA FIT

Designed for members of all ages and skill levels showing the Basic Fundamentals of the sport of MMA. A combination of Cardio, Strength Training, and basic drills to simulate an MMA match.

## WOMEN'S BOOTCAMP

Great way to workout in a group environment. We provide personal instruction and tips in a welcoming, friendly, and motivating setting.

## PERSONAL TRAINING

We have trainers who work with clients of all ages, shapes and sizes. We tailor each workout depending on an individual's needs and goals and offer flexible scheduling all throughout the week.

**UNDISPUTED**  
FITNESS & TRAINING CENTER

**Boxing**

**Kickboxing**

**Brazilian Jiu Jitsu**

**Weight and Cardio Equipment**

**Women's Only Classes**

**Fitness Bootcamps**

**Personal Training**

**Youth Classes**

**Mixed Martial Arts**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM		
KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:00 - 11:00 AM	
					BOXING 12:00 - 1:00 PM	
KICKBOXING 4:30 - 5:30 PM	KICKBOXING 4:30 - 5:30 PM	KICKBOXING 4:30 - 5:30 PM	KICKBOXING 4:30 - 5:30 PM	KICKBOXING 4:30 - 5:30 PM		
BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM		
U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	<b>HOURS</b> M-F: 8 AM - 12 PM, 4 PM - 9 PM SAT: 9 AM - 1 PM	
KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM		
					<b>HOLIDAY HOURS</b> JULY 4th: 10 AM - 2 PM Thanks Eve: Close at 7 PM Thanks Day: 8 AM - 12 PM Xmas Eve: Close at 7 PM Xmas Day: Closed NYE: Close at 7 PM NYD: Open at 10 AM	