

FITNESS MEMBERSHIP

Unlimited Group Classes
Unlimited Gym Access

One Year Paid in Full
No Enrollment / \$1,000 Per Year

12 Month Contract
\$45 Enrollment / \$85 Per Month

Month to Month
\$145 Enrollment / \$95 Per Month

Student/Government Discount
\$10 Off Monthly or \$100 Off Year Paid in Full

"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.

YOUTH BOXING

Our youth boxing classes take the success of our adult boxing program and makes the conditioning and combos accessible for kids of all ages and development in a safe and fun learning environment.

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.

MUAY THAI

Our Muay Thai instruction focuses on the proper technique of punches, kicks, knees, and elbow, involving combo work with a partner. The training also incorporates high-intensity body weight and plyometric exercises, designed for improved conditioning, explosiveness, agility, and flexibility.

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

Group Fitness

Personal Training

Youth Classes

Muay Thai

www.undisputedaz.com
membership@undisputedaz.com

520-882-8788
1240 N Stone Ave
Tucson, AZ 85705

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		U1 STRENGTH 8:00 - 9:00 AM				
YOGA FLOW 5:00 - 6:00 PM		YOGA FLOW 5:00 - 6:00 PM		YOGA FLOW 5:00 - 6:00 PM		
U1 STRENGTH 5:00 - 6:00 PM				U1 STRENGTH 5:00 - 6:00 PM	HOURS M-F: 6 AM - 9 PM SAT: 9 AM - 1 PM SUN: 10 AM - 2 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		