



# BoxFit

**Doug Gomez**

6 Week

**Group Personal Training Program**  
**PERSONAL TRAINING AFFORDABLE**

## **Open to Members and the General Public**

**Monday and Wednesday 5:00 – 6:00 pm**

**On our New Fitness Arena - 20,000 Sq. Ft. of room to move!**

**Utilizing Doug's NEW BoxFit Gallows**

**Ask Member Service Desk**

**(Register in Advance—Filling fast—call (860) 887—3591)**

- Appropriate for ALL FITNESS LEVELS - Intermediate to Advanced
- Jump in at any time to start your 6 week program
- Speed, Strength, Explosive Power, Endurance, Stamina, Balance, Agility, Coordination, Lean Body Mass and Self Confidence
- Great team-building atmosphere and camaraderie
- Includes detailed weekly workout programs
- Weekly personal communication with your trainer



**6 Week Program - 1 X Per Week \$120 / 2 X Per Week \$215**



**Check out Doug's  
Biography and a  
detailed program  
description on the  
flip side**

**Summit Fitness and Sports**

**2 Wisconsin Ave. Norwich Business Park on the way to Dodd Stadium  
860-887-3591 www.summitfitnessandsports.com**

# BoxFit

**Speed, Strength, Explosive Power, Endurance, Stamina,  
Balance, Agility, Coordination, Lean Body Mass, and Self-Confidence.**

**These are the elements and results of a Great Workout!!!**

Train and condition the way amateur and professional boxers prepare for a fight - without the bruises!  
**Available to all Fitness Levels with Instructor Approval**

Led by former USA Amateur Boxing Coach and Personal Trainer - **Doug Gomez**

## You will learn:

- How to wrap your hands.
- Proper punching technique on the Heavy bag and FocusMaster through my Breathing+Core+Penetration technique.
- Footwork for Attack and Defense.
- How to integrate all of your muscles for maximum power.

**This is a tuff class that will push your limits and show you  
what you never knew you had!!!**

### Equipment to be used:

FocusMaster, Heavy bags, Jump ropes, Medicine Balls - Battle Ropes - Stability Balls and more.

**Check out Doug's NEW BoxFit Gallows in our 20,000 sq. ft. Fitness Arena**

**Doug Gomez** has been a Personal Trainer since 1990 and former owner of LOBOS Fitness, a private Personal Training and Boxing Gym. He is certified by the American College of Sports Medicine.

\*Participants must provide bag gloves / approved by the instructor—no exceptions, and optional hand wraps.

## Doug Gomez Biography C.P.T

- Personal Trainer since 1990.
- Certifications by:
  - The American College of Sports Medicine.
  - The National Academy of Sports Medicine.
  - The National Strength and Conditioning Association.
  - The American Council on Exercise.
  - USA Amateur Boxing Coach.

**Training Philosophy** - To treat each client respectfully as an individual. Coach them safely and effectively beyond their perceived limitations. To regard the art and science of Personal Training as a holistic approach, by combining the mind, body, and spirit to achieve results that transcend ordinary exercise into functionality of movement and performance.

**For more information and to enroll please contact:**

**Doug Gomez 203-906-6165**

**FIRST TRIAL CLASS FREE**

**Sign-Up with Doug or at our Member Service Desk**