

BOXING STUDIO RULES

- Must sign and agree to Boxing Studio waiver
- No sparring/fighting (only hitting bags or pads)
- Must wear approved boxing gloves
- No hanging on bags or equipment
- Must wear proper foot wear
- Wipe down equipment after usage
- Cannot go into the facility during classes
- Shirts required
- Studio is only for boxing training use
- No food or drink (only water)
- No activities that could be damaging to equipment
- Age requirements
 - 15-17 must have parent guardian signature
 - 6-14 only with parent/guardian supervision
- No changing music
- Respect staff and other members
- Share equipment

Failure to follow any of these guidelines may lead to being banned from the boxing studio

thorbeckes 
WELLNESS CENTER