

# WILL COUNTY BOXING GYM

## CALENDAR

We check our youth members report cards periodically to make sure our fighters are fit in school too.

Call (877) 806-4611 To sign up for classes. **Se Habla Español**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	
7am						
8am	Competitive Boxing		Competitive Boxing		Competitive Boxing	Awesome Abs
9am		Boxing 101		Boxing 101		
10am						Boxing 101
11am						
12am	Adv. Sparring	Adv. Sparring	Boxing 101	Adv. Sparring	Boxing 101	Total Body
1pm	Competitive Boxing		Competitive Boxing		Competitive Boxing	
2pm			Awesome Abs		Awesome Abs	
3pm		Boxing 101		Boxing 101		
4pm	Shadow Box Weightloss Prg		Shadow Box Weightloss Prg		Shadow Box Weightloss Prg	Buns & Thighs
5pm		Weightloss Prg		Weightloss Prg		Weightloss Prg
6pm	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	
7pm		Total Body		Total Body		
8pm	Awesome Abs		Awesome Abs			

**ATOTONILCO**  
Scottie Muñoz  
Tel: (815) 714-2390  
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**Authentic Mexican Food**  
Dine in Carry Out Catering for all Social Event  
457 N. Scott St Joliet IL 60432  
(815) 740 1000

**STATE AUTO SALES**  
Jesse  
101 E. Jackson • Joliet, IL 60432  
Phone: 815.774.9400 • Fax: 815.774.9404

**Chapala Restaurant**  
Authentic Mexican Food  
509 N. Chicago St.  
Joliet, IL 60432  
(815) 727-1742  
Dine In Carry Outs - Catering  
Comida para Todo Evento Social  
Mariscos & Carnes Asadas  
Nuestra Especialidad

**Discount Stop**  
"Super Dollar World"  
131 COLLINS ST.,  
JOLIET, IL 60432  
**815-722-7739**  
General Merchandise, Furniture, Rugs,...

**Hours of Operation**  
Mon-Fri 6AM-9PM  
Sat. 8AM-6PM

**Message from Will County Boxing**  
CEO/ President  
**Joseph Awinongya**

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### Other Trainers/Mentors



I started boxing in Italy, and turned professional. I spent time in France, Belgium, Netherlands and Germany fighting. Then Don King signed me and brought me the States. Now there is a way that I can bring 121 countries to visit Will County, Illinois. We will have ESPN, Showtime, and HBO visit too.

Note: In order to spar members need to have completed Fundamentals I, II and III

### FITNESS CLASS DESCRIPTIONS

#### \*FUNDAMENTALS I - BOXING 101

Boxing 101 Class. Learn the fundamentals of boxing, this co-ed class is open to all ages. A new 4-week session designed for beginners. Get boxing lessons from a professional coach. Members can thrive off of the energy of others in the class and learn from one of our professional boxing coaches. It is an excellent introduction to boxing as well as an intense workout. A 4-week session



#### DAVID BUSTAMANTE

Has 5 years of experience in boxing and provides training services



#### "BILLY BOY" THOMPSON

1968 fought George Foreman and still holds the Rocky Machiano Trophy.



#### CHARLES SZYMANSKI

A cutman with over 30 years experience working with several professional and amateur boxers



#### TIM GRAF

"Speed Coach" for the past 25 years. His techniques enhance your performance.



#### BEN MORINO

Amateur boxing trainer for 25 years. Works in the Will County Courthouse as a translator.



#### DONALD MYART

Former Pro-Boxer. A radio personality for 25 years. Currently a deacon.



### The Most Qualified Trainers in Will County

#### JOSEPH VALERIO

Boxing Trainer with over 15 years experience in amateur boxing.



#### MAURICE HOLMAN

Boxing Trainer with 15 years experience in amateur boxing and

“ Sometimes it takes someone else to push us to reach our potential. ”

#### FUNDAMENTALS II- TECHNIQUES FOR COMPETITIVE BOXING

Apply what you learned in the fundamentals class and learn the boxers workout. A 2-month session

#### FUNDAMENTALS III- ADVANCED & COMPETITION SPARRING

After you have mastered the techniques in Fundamentals II join advanced boxing A 3-month session

#### ATHLETES CONDITIONING/ TRAINING

Conditioning helps you to be able to tolerate high levels of blood lactate and a high heart rate. Great conditioning for basketball, soccer, runners, tennis. (8 weeks)

#### WEIGHTLOSS BOOT CAMP -

Joseph Awinongya who guides you through a mix of Shadow Box, Cardio, Core and Strength exercise that burns calories and blasts fat. (12 weeks)