



Society Boxing And Fitness Announces Opening Of Downingtown Gym

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Society Boxing and Fitness is pleased to announce the opening of their gym in Downingtown. While it is possible to get a good workout anywhere, it is not always possible to learn something useful in the process. Society Boxing and Fitness wishes to change that with their boxing and kickboxing classes. Instead of the usual monotonous stream of 1, 2 punches, Society Boxing and Fitness offers dynamic training sessions that will make sure no one is ever defenseless again, while also creating the sculpted, lean fighter's body that so many people admire.

Society Boxing's signature mix of Boxing/HIIT class has come to Downingtown, affirms Society Boxing and Fitness. "We've taken the most explosive training style of HIIT and mixed it with The Sweet Science of Boxing to create a lean muscle provoking fight camp that will give you the spirit of a prize fighter and the chiseled body of a champion."

With friendly, knowledgeable staff on hand at all times, the Downingtown gym always places the needs and goals of its clients first. Unlike corporate gyms with constant turnover, Society Boxing and Fitness is a family-owned gym that strives to help each and every member of their fitness community to make their

personal vision of physical prowess a reality.

The gym's origins can be traced back to when its founder, Drew, decided to leave the corporate world and dive straight into an industry that he had no real professional experience in. Drew was a skilled athlete who spent several years playing for FC Delco Soccer, taking titles such as the PIAA District Champion, first seed in the PIAA State Championship, and also placing in the Penn Relays. Drew spent many years traveling to local gyms and Philadelphia dungeons learning what he could about boxing, which he discovered he had a passion for at the age of 17. Finally, Drew was asked by the owners of a fitness facility to train members and hasn't looked back since, going so far as to leave his full time job to teach boxing classes. He had earned Top Trainer three times in a major franchise that hosts approximately 900 trainers and was consistently in the top 5 beyond that.

Drew's growing success led him to branch out and begin offering his knowledge and experience on a larger scale. He hopes to inspire people to live an active, healthy lifestyle, and his gym in Downingtown is how he hopes to achieve this goal.

Class format kickboxing and boxing have both seen a rise in popularity in recent years, but having to construct a specialized workout has proven to be stressful and often ineffective for a lot of people. Society Boxing and Fitness offers a set program focused on burning fat and building lean muscle to achieve a boxer's physique.

Slugfest boxing takes a boxer's daily regimen of bag work with intense music in the background to keep trainees alert and focused. The program offers high intensity cardio and bodyweight movements. Adding kicks, elbows, and knees to this program turns it into another high intensity cardio session called Rumble Kickboxing.

The gym also offers a fusion workout known as Box/HIIT that implements Olympic movements, dumbbell reps, and a number of other fitness combinations to get the body ready for combat. Fans of Tabata Training, HIIT (high-intensity interval training) and boot camp style training will love this session. A kickboxing alternative is also available. Wild Card HIIT makes use of anything the gym has to offer besides boxing bags to burn fat and create lean muscle. Furthermore, they've just added a brand new boxing class called 'Underground Boxing'. Here, the gym is given a nightclub feel and showcases charged up music and fast paced illumination.

Notably, these classes require no prior experience. Society Boxing and Fitness' trainers understand that not everyone is a boxer, and therefore are ready to help anyone, be they fighters looking to improve or people looking for a way to get healthier, achieve their fitness goals. The gym's family friendly staff is ready and willing to provide assistance at every step along the way and will offer direction and tips on how to improve at

every step, relying on their ability to modify exercises to accommodate injuries.

Those looking for a family friendly gym in Downingtown that is committed to helping each individual client achieve their fitness goals may contact Andrew Hastie of Society Boxing and Fitness today and begin their personal journey to fitness.

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For more information about Society Boxing and Fitness, contact the company here: Society Boxing and Fitness Andrew Hastie (610) 873-7300 andrew.hastie@societyboxingandfitness.com 441 Boot Rd Suite 200 Downingtown, PA 19335

Society Boxing and Fitness

A signature mix of Boxing/Kickboxing with HIIT training for the ultimate workout! We offer boxing, kickboxing, HIIT training, kid's classes, open gym, and personal training. There is on site child care available

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