**WHAT IS PINK GLOVES BOXING?**

Pink Gloves Boxing is a fitness program that delivers an amazing workout and an emotionally rewarding experience to small communities of powerful women. The fitness world is overflowing with great programs, but PGB is in a class of its own. Using the core movements of competitive boxing, PGB is a non-contact program for women who want to live a healthy lifestyle. Join us in changing the way we look at the world of fitness.

Members test to see if they are ready to progress to the next tier. Testing will cost $15 with the option of purchasing additional equipment.

**JOIN US!**

**FOR OUR PGB SHOWCASE EVENT**

**WED. DECEMBER 7**

**PGB SCHEDULE AUGUST 29 - DECEMBER 6**

All classes will be open to attend FREE of charge August 29 - September 2

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>12:10 to 1:00 pm</td>
<td>SESSION 2 STUDIO 2</td>
<td>SESSION 2 STUDIO 2</td>
<td>PGB CONDITIONING STUDIO 1</td>
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<td>1:10 to 2:00 pm</td>
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<tr>
<td>5:30 to 6:20 pm</td>
<td>SESSION 3 STUDIO 2</td>
<td>SESSION 3 STUDIO 2</td>
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<tr>
<td>6:30 to 7:20 pm</td>
<td>SESSION 4 STUDIO 2</td>
<td>SESSION 4 STUDIO 2</td>
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<td>6:45 to 7:35 pm</td>
<td>SESSION 5 STUDIO 1 AND 2</td>
<td>SESSION 5 STUDIO 1 AND 2</td>
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Sessions 1-5 are catered to all tiers.
THIS IS MORE THAN JUST A WORK OUT!

FRESH 15 DISCOUNT
15% OFF FOR YOUR FIRST SEMESTER ON CAMPUS

EARLY BIRD RATE
$65 FROM JUL. 1 - AUG. 1

OFFICIAL RATE
$70 FROM AUG. 1 - SEP. 16

LAST-CHANCE REGISTRATION
(2 WEEKS AFTER FIRST DAY OF CLASS)
$80 FROM SEP. 2 - SEP. 9

HAS PGB AWAKENED YOUR LOVE FOR GROUP EXERCISE?
GET A FREE GROUP EXERCISE PASS WHEN YOU REGISTER FOR PGB!

NON-HFC MEMBERS WILL PAY AN EXTRA $50 FOR FACILITY ACCESS TO ATTEND CLASSES.

ALL NEW MEMBERS ARE STRONGLY ENCOURAGED TO PURCHASE THE $60 PGB KIT, WHICH INCLUDES WRAPS, GLOVES, MANUAL, AND BAG.

JOIN A COMMUNITY
IN PGB, MEMBERS CHEER EACH OTHER ON, HELP EACH OTHER OUT, GUIDE NEW MEMBERS, AND CONTRIBUTE TO EACH SESSION. WHEN YOU WALK IN, EXPECT TO BE GREETED WITH A SMILE.

SET GOALS
PGB COMBINES PERSONAL DEVELOPMENT AND GOAL SETTING INTO A SUPERIOR FITNESS SYSTEM. SET YOUR OWN GOALS AND WORK TOWARDS THEM DURING YOUR SESSION.

BUILD CONFIDENCE
JOINING PGB WILL HELP YOU BUILD CONFIDENCE IN YOURSELF. EACH INDIVIDUAL SESSION AIDS IN EMPOWERING THE INDIVIDUAL TO HANDLE WHATEVER LIFE DISHES OUT.

REDUCE STRESS
THERE ARE FEW THINGS IN LIFE AS SATISFYING AS KNOCKING OUT THE STRESS OF THE DAY. ON TOP OF THAT, A REGULAR EXERCISE ROUTINE WILL LEAVE YOU FEELING CONFIDENT AND ENERGIZED.

REGISTER ONLINE
AT WWW.MONTANA.EDU/GETFIT
RECREATIONAL SPORTS AND FITNESS
(406) 994-5000

LOOK UP PINK GLOVES BOXING MSU BOZEMAN ON FACEBOOK