

4875 Kietzke Lane Ste D
Reno, NV 89509
775-285-9340
www.ufcgym.com/reno

WELCOME WCEA MEMBERS TO THE UFC GYM!
A FAMILY EXERCISE CLASS AND TRAINING GYM FOR ALL FITNESS LEVELS!

Corporate Rates for WCEA Members

- Adult memberships are \$59.00 monthly dues and zero enrollment fees. Membership includes Brazilian Jiu-Jitsu, unlimited classes, full weight area, and all cardio equipment.
- Membership rates are also offered to spouses with a zero enrollment fees.
- Youth memberships are \$49.00/month with a zero enrollment fees for unlimited classes including Jiu-Jitsu.
- A club enhancement fee of \$39.00 is charged to every member four months after initial sign-up and once a year thereafter for club maintenance, equipment repair, and replacement.
- At member sign-up, payment is required for first and last month's dues. There are no contracts; all dues are month to month. Cancellation requires a 30-day notice.

Membership Savings

- Adult membership savings = \$20/month and \$49 for enrollment fees enrollment. Our regular prices for memberships are, \$89.00 for the One Club membership, \$79.00 for the Ultimate membership and \$49.00 for enrollment. For a total savings of \$69.00 at enrollment.
- Youth membership savings = \$20/month and \$49 for enrollment fees. Regular price is \$69.00. For a total saving of \$69.00 at enrollment.

UFC Gym welcomes WCEA members to be a part of the exciting UFC gym experience. We are NOT a fighting gym, we are a COMMUNITY/FAMILY training and conditioning facility. We offer unique and fun classes with kickboxing, boxing, full body conditioning, circuit training and Brazilian Jiu-Jitsu for men, women, kids and families of all ages (starting at 6 yrs old) and **ALL fitness levels**. The gym also offers state-of-the-art weight workout and cardio equipment for all exercise needs and is equipped with full locker rooms and showers. The UFC Gym is the fitness destination of choice for WCEA members where we bring FUN back to exercise, meet fitness goals and train different with results!

For more information, please contact Mimi Strickler at 775-846-8850 or mimi.strickler@ufcgym.com or Tim Trefts, General Manager at 775-285-9340 or Renogm@ufcgym.com.
www.ufcgym.com/reno - Like us on Face Book and Instagram at [ufcgym/reno](https://www.instagram.com/ufcgym/reno)



UFC GYM RENO - CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	DUT		DUT		DUT		
8:00 AM		DUT		SWEAT		DUT	
9:00 AM						Kickboxing	
9:30 AM							Yoga
9:45 AM	SWEAT		DUT		DUT		
10:00 AM						BJJ (No GI)	
10:45AM	Athletic Stretch		Athletic Stretch		Killer Core		
12:00 PM	Circuit Breaker 40 min		Killer Core 40 min		Circuit Breaker 40 Min		
12:00 PM	Kick Boxing		Kick Boxing		Kick Boxing		
12:00PM							
YOUTH							
4:30 PM	Youth Boxing	Teen Boxing	Teen Boxing	Youth DUT	Youth Boxing		
4:30PM	Youth DUT						
5:30 PM	Youth BJJ (GI)	Youth BJJ (GI)	Youth Wrestling	Youth BJJ (GI)	Youth DUT		
5:30 PM	Boxing	DUT	Fight Fit Kick Boxing	DUT	MATRX		
5:30PM		Kickboxing		Boxing			
6:00 PM	DUT						
6:30 PM	Skills Kick Boxing	Skills Boxing	MATRX	Killer Core	Kickboxing		
6:30 PM		Circuit Breaker					
6:30 - 8:00 PM	BJJ (GI)	BJJ (No GI)	BJJ (GI)	BJJ (No GI)	BJJ (GI)		

UFC Gym Class Descriptions

DUT - DUT is a training boot camp designed for constant change and delivers results. The focus is on safe technique and improving your overall strength and athletic ability. Each class is a combination of moves guaranteeing you will be challenged. Be prepared to sweat through speed, agility, quickness, core strength, body weight and circuit drills incorporating equipment such as battle ropes, jump ropes, TRX suspension trainer, plyo boxes, kettle bells, medicine balls, and free weights.

Boxing Conditioning - Boxing Conditioning teaches basic boxing skills and techniques, designed to increase muscular strength and cardio endurance—the perfect class to get shredded! Boxing Conditioning will include cardio calisthenics, shadow boxing, bag work (150lb. bag) and core strengthening exercises. You will sweat like crazy, build a rock solid core and burn hundreds of calories.

Kick Boxing Conditioning - Kickboxing Conditioning is the perfect total body workout, and the fastest way to that toned fighter physique you seek. You'll learn basic Kickboxing, Muay Thai and Western-Style Boxing skills combinations. Kickboxing Conditioning includes cardio calisthenics, bag work (150lb. bag), punch - kick - knee elbow strikes, partner drills, pad work, and core strengthening exercises. Come ready to sweat like crazy, build a rock solid core, and burn hundreds of calories.

Athletic Stretch - If you know you NEED to stretch more but feel Yoga isn't quite your thing then this is DEFINITELY the class for you! Simple, athletic based stretches will elongate tight muscles and tight muscles increase the risk for injury. Using several methods of stretch (static, PNF, dynamic) you'll listen to upbeat, popular music and give your body the benefit of stretch without the mind/body feel.

MATRIX - MATRIX class is uniquely structured to combine TRX suspension bodyweight exercises and our UFC GYM MMA cardio conditioning in order to build endurance, strength, balance, flexibility and core stability simultaneously. A basic class includes cardio calisthenics, suspension training, shadow kickboxing, sprawls, technical standing, break falling, pummeling, siting through, bag work (standing and ground), and core strengthening exercises. The 150 lb. heavy bags and TRX suspension trainer are the primary focus of the class.

BJJ - Brazilian jiu-jitsu (BJJ) is a dynamic martial art, contact sport, and self-defense system originally formed from the traditional ground-based techniques of judo from Japan. Through the adaptations and teachings of Carlos and Helio Gracie. Jiu-jitsu, or "gentle art", teaches an individual to overcome a challenger, no matter his or her size. Brazilian jiu-jitsu accomplishes this by transitioning the fight to the ground where practitioners employ proper technique and leverage one's own strength to defeat an opponent.

Killer Core - Killer Core is a 30-minute class utilizing various props such as, foam rollers, free weights, and your own body weight to challenge your core strength and stability.

S.W.E.A.T. - Strength, Weights, Endurance, Athletic Training (S.W.E.A.T.). This class is a mash-up of metabolic and endurance training with an emphasis on building strength and burning calories. Just as promised, we'll make you SWEATI!

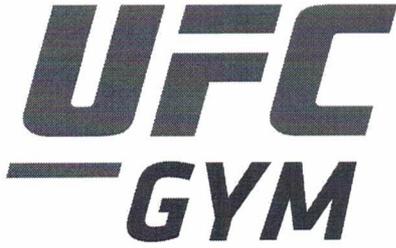
Circuit Breaker - Circuit Breaker is a dynamic class set up in a circuit training style. As you move from station to station, this class will provide you with a balanced mixture of cardio and weight resistance while targeting all your major muscle groups. This is a great total body workout.

Youth Boxing - Youth Boxing class teaches basic boxing skills and techniques such as: stance, guard, movement, jab, cross, hook. It increases strength and improves endurance. Youth Boxing includes cardio calisthenics, shadow boxing, bag work, partner drills, pad work and core strengthening exercises. These skills will give kids self-defense tools as well as self-confidence while keeping them physically fit. The 150 lb. heavy bags are the primary focus of the class.

Youth DUT - Youth DUT a boot camp tailored for kids. Classes focus on full body movements that help build coordination, athletic ability and confidence in a safe environment. Classes vary ensuring each one is fun, competitive, engaging and challenging to the end. Coaches will take the kids through speed, agility, quickness, core strength, body weight and circuit drills using a combination of equipment, such as: battle ropes, jump ropes, plyo boxes, kettle bells, exercise straps, medicine balls, free weights, RIP trainer, TRX straps, and slam bags.

Youth BJJ - Students will learn that there is a time and a place for martial arts training. The program integrates: self-defense techniques, conditioning and skill oriented games aiming to improve your child's motor skills, agility and flexibility. Youth BJJ is a fun class for youth that teaches discipline and helps build confidence.

Youth Wrestling - Youth Wrestling class teaches the basic grappling movements of the first olympic sport. This class includes takedowns and using the upper and lower body with exercises and drills designed to create the complete wrestler.



UFC GYM WELCOMES YOU

UFC GYM CLASSES

- Athletic Stretch - G
- Boxing Conditioning - G
- Brazilian Jiu-Jitsu (GI & No GI) - S
- Circuit Breaker - G
- Daily Ultimate Training (D.U.T.) - G
- Fight Fit Kickboxing - G
- Kickboxing & Boxing Skill & Technique - S
- Killer Core - G
- MATRX - S
- S.W.E.A.T. - S
- Youth Brazilian Jiu-Jitsu (GI) - Y
- Youth Boxing - Y
- Youth Daily Ultimate Training - Y
- Youth Wrestling - Y

S: Specialty

G: Group Fitness

Y: Youth Program

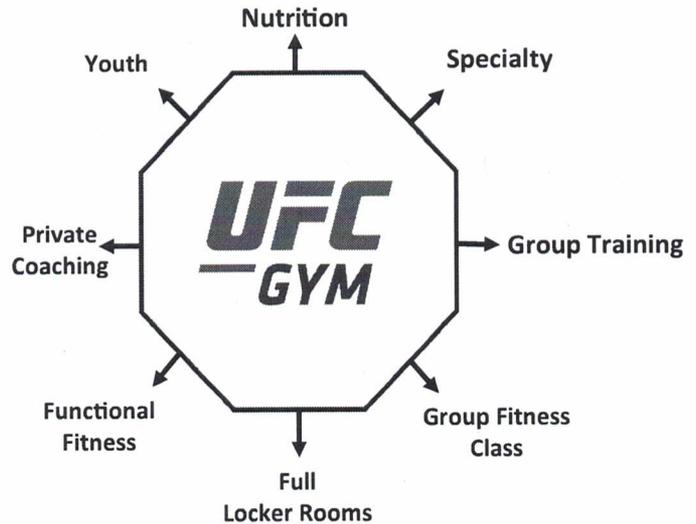
**To see our class schedule, please visit
ufcgym.com/reno*

HOURS

Monday - Friday 6:00am-9:00pm

Saturday: 7:00am- 7:00pm

Sunday: 9:00am- 4:00pm



“ALL FIT, NO FIGHT”

WHAT WE OFFER....

- Elite training for men, women and kids (ages 6+)
- Exercise for **all** fitness levels
- Group Training & Fitness Classes
- Nutrition Programs
- Result-driven programs
- Something for the entire family
- Train Different while having FUN
- Month to month agreements, no contracts

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Visit us at www.ufcgym.com/reno or Like Us on Facebook & Twitter UFC Gym/Reno