

ABOUT US

RingFit lets you train like a boxer with an elite experienced trainer. Our certified trainers have competed and coached at the highest levels of the sport including coaching the Canadian National Team. Over 30 years experience in the industry combined, we have the knowledge, experience and skills to achieve your goals.

RingFit's unique combination of professional trainers and effective inspiring atmosphere is taking the boxing and fitness world to another level. Programs have been developed that takes all elements of traditional boxing, devised a structured system of teaching boxing skills and incorporated into a workout that focuses on total fitness.

Our programs are custom designed for ALL fitness levels and abilities and is open to everyone. Let RingFit Boxing and Fitness help you accomplish your goals!

"RingFit is an amazing place to get fit, learn the art of boxing and above all have fun. The instructors are phenomenal and really push you to step beyond your comfort zone."

-Karen, Toronto, Ont.



CONTACT US

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FOR RATES
VISIT OUR WEBSITE:

WWW.RINGFITBOXING.COM



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REAL RESULTS.

REAL FITNESS.

REAL BOXING.



YOUTH TRAINING

A personal boxing workout geared specifically for kids and youths. Kids are trained by our certified coaches in a safe & controlled environment. RingFit Training sessions incorporate techniques and exercises geared towards individual age and ability.

- Builds confidence and team morale.
- Increases strength and endurance.
- Translates well into other sports.



PERSONAL TRAINING

A personal training workout using traditional boxing training methods with a knowledgeable and motivational RingFit Personal Trainer.

The benefits of a boxing workout is known. But it's not until recently training like a boxer was not always possible because of the lack of personal trainers with enough in-depth boxing knowledge to teach the workout. We take you through an actual boxing workout just like the pros but with the attention, care and guidance of a specialized RingFit Personal Trainer.

Learning basic boxing techniques allows a participant to workout at levels not thought possible. Techniques will be taught by the nation's best pros as they concentrate on fun and exciting combinations.



GROUP TRAINING

A group training session offers you all the great benefits of training with others. The choice of group sessions or 2 on 1 training is also available.

Training consists of basic boxing techniques and fundamentals exercises. Special emphasis is based on core strength, balance, co-ordination and speed. Get the expert knowledge and motivational push you need! Train alongside your spouse, family member or friend!