

EBAC FAQ'S

www.ebactv.com

Q: What is EBAC?

A: EBAC is an acronym for Extreme Boxing and Conditioning. It is a functional group fitness program where participants will learn to train as if they were traditional boxers. EBAC was created in 2001 by Sharon E Avendaño who was searching for a new way to balance her mind to coexist with physical challenges. Boxing was pivotal in helping her identify and conquer her physical limitations. Since then she has been passionate about sharing her journey with others going down the same path.

EBAC classes are designed to challenge your mind, body and spirit in a unique and innovative way. This approach is based on proven techniques of the traditional "boxing," style of training. Class will increase your metabolism, produce lean muscle mass and reduce inches off your waistline. It defines your shoulders and back muscles while keeping you focused and controlled, it is a full body workout each and every time.

Q: Can you tell me more about the classes?

A: Classes are led by an advanced personal trainer with a background in boxing and functional fitness. They run 1 hour in length and are group/partner-based, you can expect to burn between 800-1000 calories within a typical session. EBAC runs on a monthly cycle and offers multiple levels. We offer Drills classes, Beginner, Intermediate and advanced. Classes are progressively designed and take you into consideration. Class sizes can range but is ideally suited between 10-16 people, even number of participants when possible.

Q: Can anyone take the class?

A: You need to be at least 18 years of age and in good physical condition. Classes are designed to accommodate most anyone, however a baseline fitness-evaluation will be part of the curriculum so we can help you reach your potential.

Q: What type of equipment do I need to get started?

A: You'll want to have a jump rope and a pair of [boxing gloves](#) (8-16oz) with [hand-wraps](#) (180' in length) to protect your hands and wrists, which can be readily found at your local athletic store or online. Other than that, exercise clothing that's comfortable for you to move around in and most importantly yourself, a towel and some water.

Q: Will I get hit in class?

A: EBAC is not a body-impact class in that you will not be getting hit! All technical punching drills and combination work are performed with a partner against protective focus mitts in a controlled environment under the supervision of your instructor.

Q: What can I expect to get out of class?

A: You will learn true self-empowerment, honest hard work, balance and patience as you begin to learn the proper fundamentals of boxing along with genuine camaraderie. You will feel what it's like to condition "like a fighter," without the consequences of body damage. EBAC is designed to produce real results in your midsection, back and shoulders as well as outstanding strength in cardiovascular efficiency.

Q: What should I eat before class?

A: While we cannot tell you what to eat your body runs off a solid mix of carbohydrates, fats and proteins, that being said everyone has individual needs. We suggest you seek further consult if necessary, you should come well-fueled and hydrated prior to the workout, we suggest that you consume a meal or snack at least 1 hour prior to class to allow time for digestion.

Q: How do I wrap my hands?

A: We'll help teach you how to wrap however you can find a step by step guide on our forums [here](#).

Q: What is the cost of classes?

A: You can find our current pricing schedule below. We are revamping our services & locations, thank you for being patient, please drop a line so we can inform you of

EBAC		
Interchange Medical Center CHICAGO SO-LOOP, IL		
TUESDAY		
4-5:00pm	Beginner	-
6-7:00pm	Drills	-
7-8:00pm	Drills	-
WEDNESDAY		
4-5:00pm	Beginner	-
6-7:00pm	Drills	-
7-8:00pm	Drills	-
SATURDAY		
9-10:00am	Beginner	-
10-11:00am	Advanced	-

EBAC Class Fees		
INDIVIDUAL CLASS		
Drop in	-	\$25.00
PACKAGES (monthly*)		
Per class		
1x per week	\$20.00	\$80.00
2x per week	\$17.50	\$140.00
3x per week	\$16.00	\$192.00
Unlimited	\$10.00	\$240.00
STUDENT & DISCOUNT RATE		
PACKAGES (monthly*)		
Per class		
1x per week	\$18.00	\$72.00
2x per week	\$15.75	\$126.00
3x per week	\$14.40	\$172.80

**Unused classes reset monthly
Prices current as of 2-3-2010, subject to change without notice*

Q: Do you have a description of the different classes?

A: We've attempted to outline classes and tracks below, feel free to call or email us at trainme@ebacfit.com for more information or to discuss in more detail.

EBAC CLASS DETAILS

www.ebacfit.com

EBAC FOUNDATIONS

BEGINNER PUNCH PACK

Class is designed to teach you the fundamentals of boxing. It's a good way to condition "the body," at your own pace while learning to train "like a boxer," plus it's a lot of fun. Before you know it you've sweated out a ton of calories, relieved stress and learned a new skill! Boxing is the workout, it focuses on:

- * Safety punching
- * Learning focus mitt training
- * Basic footwork
- * Basic defensive skills
- * Reactive training
- * Balance

PUNCH PACK OPTIONS

- **1x per week**- consisting of any [Beginner Class](#)
- **2x per week**- consisting of any one [Beginner Class](#) and any one [Drills Class](#)
- **3x per week**- consisting of any combination of at least one [Beginner Class](#) and any [Drills Class](#)

No prerequisite, ages 18 and up, 8-16oz gloves & 180"wraps, and jump rope (optional)

**Class schedules, times and availability are based on client needs and adjust accordingly
Pricing, class availability and sub-structures subject to change without notice*

EBAC DRILLS

DRILLS PUNCH PACK (ALL LEVELS)

Drills class is designed to challenge your cardio base. Anyone can take this drop-in class. It's purpose is to review and to practice, then perfect your punching. It's also a great way to releast some stress! Come sweat it out in this high energy drills class, we drill everything:

- * Key boxing warm-ups
- * Core drills
- * Punching drills
- * Functional drills

PUNCH PACK OPTIONS

- **1x per week**- consisting of any [Drills Class](#)
- **2x per week**- consisting of any one [Beginner Class](#) and any one [Drills Class](#)
- **3x per week**- consisting of any combination of at least one [Beginner Class](#) and any [Drills Class](#)

Prerequisite=Beginner or equivalent experience, ages 18 and up, 8-16oz gloves & 180"wraps, and jump rope (optional)

EBAC PUNCH PACK

ADVANCED PUNCH PACK

Keep your training going with our original Extreme Boxing And Conditioning class. Previous boxing skills are required. You'll be challenged with unique boxing combinations along with advanced footwork and a period of "functional training," challenges using "disciplinary boxing methods." You'll think like a fighter and train like a champ! It focuses on:

- * Key boxing warm-ups
- * Advanced boxing combos
- * Cardio interval training
- * Boxing core training
- * Reactive training

PUNCH PACK OPTIONS

- **1x per week**- consisting of any [Advanced Class](#)
- **2x per week**- consisting of any [Advacned Class](#) plus one [Drills Class](#) or [Beginner Class](#).
- **3x per week**- consisting of any combination of at least one [Advanced Class](#) and any [Drills Class](#) or [Beginner Classes](#).

Prerequisite=Previous experience or instructor consent, ages 18 and up, 8-16oz gloves & 180"wraps, and jump rope (optional)

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EBAC REACH

INTERMEDIATE PUNCH PACK

Keep your training going with our intermediate class. Previous boxing skills are required. We'll be working on putting together basic boxing combinations. You'll be mentally focused and we'll keep you on your toes during a period of "functional training," and elaborate punching drills that focuses on:

- * Key boxing warm-ups
- * Introduction to boxing combination work
- * Boxing core training
- * Introduction to reactive training

PUNCH PACK OPTIONS

- **1x per week**- consisting of any [Intermediate Class](#)
- **2x per week**- consisting of any one Intermediate Class, along with any [Beginner Class](#) or [Drills Class](#)
- **3x per week**- consisting of any combination of at least one [Intermediate Class](#) and any [Drills Class](#) or [Beginner Classes](#).

Prerequisite=Beginner or equivalent experience, ages 18 and up, 8-16oz gloves & 180"wraps, and jump rope (optional)

**Class schedules, times and availability are based on client needs and adjust accordingly
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