

APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing w/bags 6:00am	Boot Camp 6am	Kickboxing w/bags 6:00am	Boot Camp 6am	Kickboxing w/bags 6:00am	
Boot Camp 9:00am	Boot Camp 9:00am	Boot Camp 9:00am	Boot Camp 9:00am		
USA Boxing 10:00am		USA Boxing 10:00am		USA Boxing 10:00am	ZUMBA 10:00am
					MMA Grappling 11:00am
Afternoon	Evening	Afternoon	Evening	Afternoon	Evening
	Kids USA Boxing 4:00pm		Kids USA Boxing 4:00pm		
Perfect Abs 5:30pm	Kids Martial Arts 5:00pm		Kids Martial Arts 5:00pm		
TRX 6:00pm	Kettle Bells 5:30pm	Perfect Abs 5:30pm	Cross Fit 5:30pm		Open Gym Mon-Sat 9am-12 Mon-Thurs 5-9pm
Boxing Fitness 6:00pm	Triple Threat 6:00pm	SPIN 6:00pm	Boxing Fitness 6:00pm		Personal/Group Training Mon-Sat 6:00am-9:00pm
MMA Grappling 6:00pm	Adult Kali/Silat 6:00pm	MMA Grappling 6:00pm	Russian Systema 6:00 pm	Muay Thai 6:00pm	Self Defense Seminars & Workshops Boxing Clinics & More
ZUMBA 7:00pm	Muay Thai 7:00pm	ZUMBA 7:00pm			Sports & Agility Training
USA Boxing 7:00pm	Boot Camp 7:00pm	USA Boxing 7:00pm	Boot Camp 7:00pm		Birthday Parties Girl's Night Out Corporate Events & More

Gloves & Wraps are necessary for all Boxing and Muay Thai classes. Bring your own, or rent ICAT's equipment for a fee

Level I - Fitness Packages

- Pay Per Class \$10.00
- 1 Month \$55.00
- Month to Month \$45.00m
- 3 Month Contract \$40.00m
- 6 Month Contract \$35.00m

Level II Boot Camp & Cross Fitness

- Pay Per Class \$15.00
- 1 Month \$74.99
- Month to Month \$69.99m
- 3 Month Contract \$64.99m
- 6 Month Contract \$59.99m

Level III - Boxing - Martial Arts Packages

- Pay Per Class \$20.00
- 1 Month \$125.00
- Month to Month \$99.00m
- 3 Month Contract \$89.00m
- 6 Month Contract \$79.00m

Level IV - Elite Membership

- 1 Month \$199.00
- Month to Month (levels 1,2,3) \$150.00m

Kickboxing on Heavy Bags

- 1 Month \$99.00
- Month to Month \$69.99
- 3 Months \$59.99
- 6 Months \$49.99

Kali, Russian Systema, Silat

- 1 Month \$125.00
- Month 2 Month \$125.00
- Month 2 Month \$70.00 1 Art

Personal Training

- Packages as low as \$30.00 a session: Private Session also available in Boxing, Muay Thai, MMA, Kali, sports Specific training, Defensive Tactics

ICAT Kids

- Month to Month Ages 4 – 11 \$89.99 m
- 1 Month \$99.00

Parties/Seminars/Workshops/Events

Birthday Parties, Bachelorette Parties, Girls Night Out, Scouting Events, Demonstrations, Seminars, Nutrition Workshops, School Events, Corporate Events



Boxing, Fitness & Martial Arts
1304 Brielle Ave, Ocean Twp., NJ
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*****No Enrollment Fees**

No Annual Fees

****Month to Month Memberships Available***

ICAT Prepaid Membership Cards Now Available

www.icatacademy.com