



# MIDDLE/HS BOYS & GIRLS MUAY THAI

**6-WEEK PROGRAM  
JAN 6 - FEB 10TH**

Tuesdays 3:30 - 4:30 pm on  
the Turf

Join Muay Thai Coach, Joe Conway, on the turf on Wednesday afternoons for a great program to focus on Boxing, building confidence, mindfulness & cross-training. *Boxing gloves will be provided, but if you have your own please bring them.*

**KingsburyClub.com**

**MEMBERS**

**\$120**

**NON-MEMBERS**

**\$150**

## **About Coach Joe Conway**

Coach Joe has been training and practicing Muay Thai since 2011 after watching his first Muay Thai fights in Thailand. Previously a manager for pro fighters, he developed his skills in Thailand, Cambodia, and Burma as well as training at pro fight gyms in Boston. Joe is a certified Life and Business Coach and a Mindfulness practitioner and works to make every class dynamic and authentic.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Membership Type: ☐ Member ☐ Non-Member

Payment: ☐ House Charge ☐ Check ☐ Credit Card \_\_\_\_\_

Exp Date \_\_\_\_\_ Security Code \_\_\_\_\_

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_