

UNIT 13 GYM AND BOXING CLUB

GET STARTED



BOXING



FITNESS



ICE HOCKEY

**HOME OF SHIREMOOR A.B.C AND UNIT 13
OUTLAW ICE HOCKEY
UNIT 13 GYM, SHIREMOOR**



HEY...

ABOUT US

UNIT 13 Gym is a family ran facility located in Shiremoor ran by Andrew and Gemma. We're not just a fitness gym but a hub of multi-sports strength and conditioning including boxing and ice hockey.



ANDREW



GEMMA



PENNY

We're passionate about fitness, helping people achieve their goals and understand the mental health benefits of fitness, socialising and sport.

Andrew is the owner and coach at UNIT 13 GYM who take the majority of bootcamp classes and boxing classes.



UNIT 13 GYM, SHIREMOOR

OUR FACILITY



FUNCTIONAL CLASS SPACE



LEG ROOM



BOXING BALCONY



CARDIO & WEIGHTS MEZZANINE



UNIT 13 GYM, SHIREMOOR

IN OUR GYM WE...



DO PERSONAL GROWTH



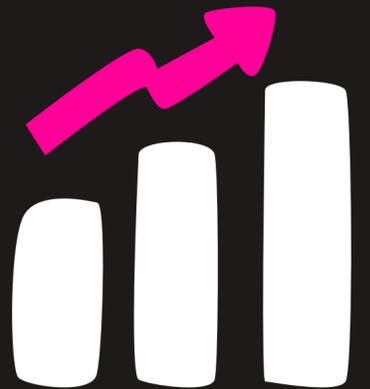
RESPECT OUR GYM



HAVE A SUPPORTIVE APPROACH



HAVE FUN



OFFER PERSONAL TRAINING



WANT YOU TO SUCCEED



ARE HERE FOR YOU

**BE
FOCUSED**

**BE
Strong**

be kind

UNIT 13 FITNESS

BOOTCAMP

We offer over 12 classes each week open for both men and women aged 16+.

£6.00 per class/gym session

£35.00 per month for unlimited classes and anytime gym use

£25.00 per month (gym use only)

Our fitness classes are guaranteed weight shifters, classes on offer are a range of intense cardio, hiit, functional strength and conditioning, weight training and drill exercises to improve endurance, strength and overall fitness and weight loss.

Classes include: Bootcamp, Body Pump, Body Attack, Boxfit and Fighting Fit.

All classes are ran by qualified personal trainers, who you can also work with on a personal level. Guaranteed to hit your calorie burn and improve your fitness.



FUN



FITNESS



CHALLENGING

HOME OF SHIREMOOR A.B.C AND
UNIT 13 OUTLAW ICE HOCKEY
UNIT 13 GYM, SHIREMOOR



BOXING

UNIT 13

BOXING

OUR BOXING ACADEMY

Our boxing academy is for all abilities and ages for fitness, fun or competition. We have two streams of boxing within our club - carded and non-carded.

1. UNIT 13 BOXING (non carded)

Mini Boxing (ages 4 to 10)

Teen Boxing (non-carded) (ages 11 - 16)

Senior Boxing (non carded) (ages 16+)

2. Shiremoor Amateur Boxing Club (carded)

S.A.B.C is competitive from ages 11+. To join the club you must first have met the coaches or gone through our non-carded classes and been asked to move into amateur boxing. We need to ensure you are right for amateur boxing.

You should then sign up on the S.A.B.C monthly plan via d.debit.

Team uniform is available to purchase from the gym.



**HOME OF SHIREMOOR A.B.C AND
UNIT 13 OUTLAW ICE HOCKEY**

UNIT 13 GYM, SHIREMOOR

UNIT 13 BOXING



MINI UNITS BOXING

MINI UNITS (Ages 4-10)

£4 per class

Unlimited classes: from £25 per month

Tues and Thurs 4pm - 5pm

Saturday at 11am - 12pm

Creating a fun, fit and controlled environment for kids to experience bootcamp circuit drills, learn pad and bag work and have one:one coaching in the ring. Coach Andy teaches core boxing skills to help improve fitness, confidence and discipline. Suitable for all abilities, both girls and boys.



TECHNICAL



FUN CLASSES



TEAM WORK

**HOME OF SHIREMOOR A.B.C AND
UNIT 13 OUTLAW ICE HOCKEY**



UNIT 13 GYM, SHIREMOOR

UNIT 13 BOXING



TEEN BOXING

UNIT 13 TEENS (NON-CARDED Ages 11-15)

£5 per class

£30 per month for unlimited classes

Monday, Wednesday and Friday 5pm - 6pm

Friday 7pm (older teens if asked up)

Coaches: Andy Wile, Angelo Quintano and Connor Robson

Designed to create a fun and fit environment for kids to experience Bootcamp circuit drills, learn pad and bag work and have one: one coaching in the ring. The coaches will teach kids core boxing skills to help improve fitness, confidence and discipline. Suitable for all abilities and with a mixed team we welcome girls and boys.



TECHNICAL



SHOWS



FITNESS



UNIT 13 BOXING



SENIOR BOXING

SENIOR BOXING (Ages 16+) Non-carded

£6 per class

£35 per month for unlimited classes and sparring

Mon and Wed 7pm - 9pm

Friday sparring 7pm - 8.30pm



If you're looking for a serious workout, this is it. Adult boxing classes are aimed at improving endurance, muscular strength, encourage weight loss or weight gain where necessary, improve skill and knowledge and get you competition ready if you want and are ready to compete.

We host our own boxing shows to over 1000 spectators, get that regional platform on your own home turf!



TECHNICAL



SHOWS



FITNESS



SHIREMOOR

— AMATEUR BOXING —

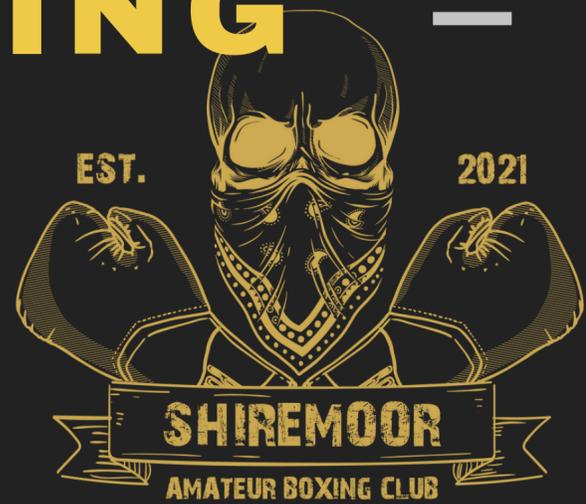
S.A.B.C (Ages 11+) Carded

Training:

Tuesday and Thursday 5.30pm - 7pm

Saturday 12pm - 1.30pm

£35 per month



Shiremoor A.B.C is an independent amateur boxing club ran by coach Kevin Fairlamb and assistant coaches Simon Armitage and Coco.B.C operating out of UNIT 13 Gym.

How to join:

We take kids from ages 11 to seniors.

We always ask that beginners/intermediate kids join the UNIT 13 teen sessions on a Monday, Wednesday and Friday. We regularly scout boxers from UNIT 13 TEENS and invite them up to become amateur if they have the right attitude, skill and fitness.



Uniform/Medicals:

All S.A.B.C members are asked to pay for their own medical and S.A.B.C uniform on joining. For more information call 07734928694.



TEAMWORK



MIX OF TRAINING



SUPPORT & COACHING

UNIT 13 JUNIOR & TEEN BOXING

UNIT 13
BOXING

UNIT 13 BOXING ACADEMY, SHIREMOOR

TEENS

MONDAY

WEDNESDAY

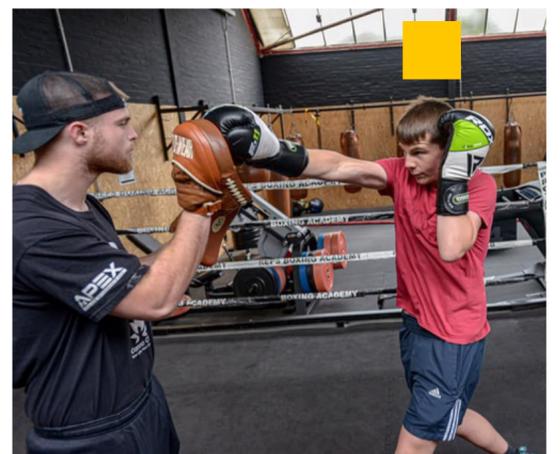
FRIDAY



5PM - 6PM



5PM - 6PM



5PM - 6PM

AGES 11-15YRS

£5 PER SESSION. MONTHLY MEMBERSHIPS AVAILABLE

COACHING AND SPARRING WITH ANDY AND CONNOR.

CHANCE TO COMPETE ON UNIT 13 BOXING SHOWS.



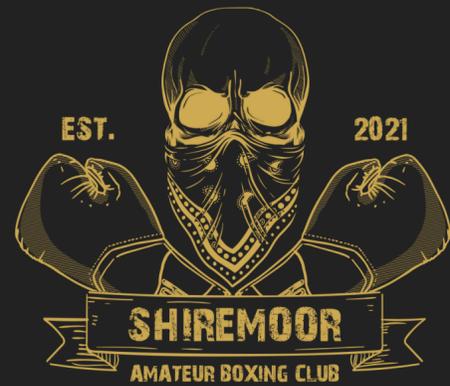
MINIS

AGES 5+
TUES & THURS 4PM
SAT 11AM
£3 PER CLASS

BOOK ONLINE:
UNIT13GYM.COM



SHIREMOOR AMATEUR BOXING CLUB



UNIT 13 GYM & BOXING, SHIREMOOR

S.A.B.C TEAM TRAINING

JUNIORS/TEENS (AGES 11 - 13)
SENIORS (AGES 14+)

TUESDAY



JUNIORS - 5PM
SENIORS - 6PM

THURSDAY



JUNIORS - 5PM
SENIORS - 6PM

SATURDAY



ALL AMATEURS MIXED
12PM - 2PM



S.A.B.C JUNIOR/TEENS (AGES 11-13 YRS)
S.A.B.C SENIORS (AGES 14+)

JOIN OUR TEAM FROM £30 PER MONTH - 3 CLASSES PER WEEK

EXPERIENCED BOXERS OR BOXERS WHO'VE BEEN MOVED UP FROM UNIT 13 TEENS

COACHES KEV FAIRLAMB, SIMON ARMITAGE AND COCO

ENQUIRE NOW - 07734928694

ICE HOCKEY

OUTLAW HOCKEY

We are the first off ice training facility in the North East, ideal for any level of ice hockey or roller hockey players - of any age group.

We offer one to one training and small group training developing fitness and skills in core, strength, speed and agility, coordination, shooting, stick handling, explosiveness and leg power.

Our coaches are current and former Whitley Warrior Ice Hockey players, including Andrew Wile, Kyle Ross, Tommy Fraser and Roland Gritans.



COACHING



TECHNICAL



FITNESS

Classes: We run a kids club for under 16 years
Every Saturday morning we run our off ice hockey camp
£5 per session
To book: 07734928694

"WHITLEY BAY IS A HOCKEY TOWN BUT WE DON'T HAVE AN OFF ICE FACILITY SO I DECIDED TO CREATE ONE".



UNIT 13 GYM, SHIREMOOR



GET - AMONGST IT -

THANKS TO YOU AND ANDREW AND THE REST OF THE SHRED GROUP REALLY APPRECIATE ALL THE HELP AND ENTHUSIASM I'VE HAD. WORK IN PROGRESS AND A LONG ROAD AHEAD BUT LOOKING FORWARD TO IT !

"FIRST WEEK OF BOOTCAMPS AT UNIT 13 WAS THE MOTIVATION I NEEDED"

"UNIT 13 IS LIFE, ITS MY SPACE TO GET AWAY, CLEAR MY HEAD AND HIT THE BAGS"

"WELL I MIGHT HAVE WHINGED THE WHOLE CLASS BUT I FEEL AWESOME NOW"

"I CANNOT THANK THE UNIT ENOUGH, EVERYONE HAS BEEN THERE FOR ME AT TIMES OF NEED - EVEN IF THEY DIDNT EVEN KNOW IT"

"CANNOT THANK THE TRAINERS ENOUGH, MAKE THE CLASSES FUN, NO EGOS AND EVERYONE IS JUST SO CANNY"

"ABSOLUTELY LOVED MY FIRST BOOTCAMP SESSION, BRUTAL BUT FABULOUS. THANKS FOR A GREAT START TO THE DAY "



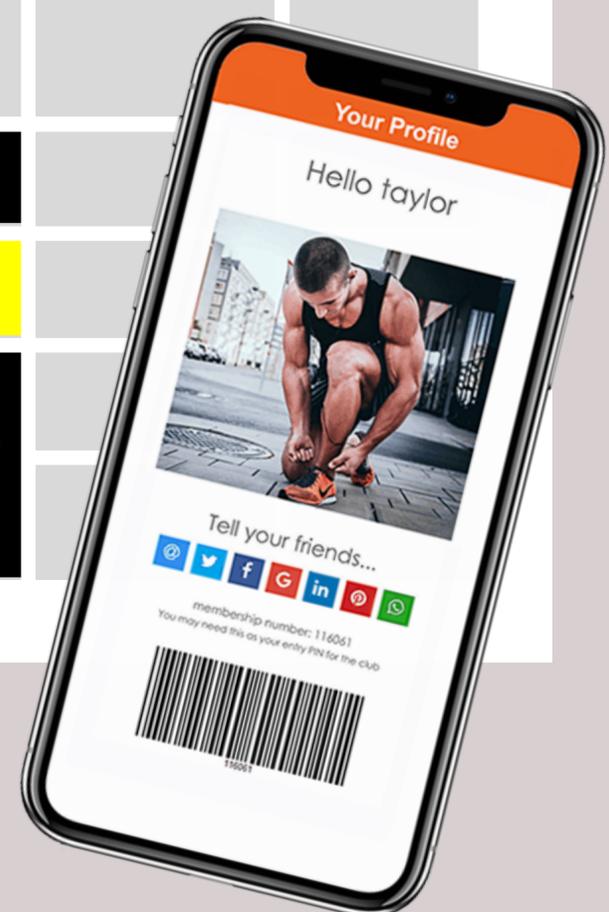
UNIT13GYM.COM

GET STARTED

1. CREATE A PROFILE
2. VERIFY YOUR ACCOUNT
3. DOWNLOAD THE APP AND GET BOOKING

CLICK HERE TO REGISTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30		LEGS, GLUTES & ABS - Tessa		LEGS, GLUTES & ABS - Tessa			
10.00	METCON Tess		BOOTCAMP Andy		BOXFIT Andy	BOOTCAMP Andy	BOOTCAMP Ben, Andy or Tess
11.00						MINI UNITS BOXING	
12.00						S.A.B.C JUNIORS, TEENS AND ADULTS MIXED	
13.00	<i>Train hard fight hard</i>						
14.00							
15.00							
16.00		MINI UNITS BOXING		MINI UNITS BOXING			
17.00	UNIT13 TEEN BOXING	S.A.B.C JUNIORS	UNIT13 TEEN BOXING	S.A.B.C JUNIORS	UNIT13 TEEN BOXING		
18.00	BOOTCAMP Andy	S.A.B.C TEENS/ADULTS	METCON Ben	S.A.B.C TEENS/ADULTS	FIGHTING FIT Andy		
19.00	SENIOR BOXING	BOXFIT Andy	SENIOR BOXING	BOXFIT Ben			
20.00	SENIOR ACTIVE FIGHTERS		SENIOR ACTIVE FIGHTERS	KARATE Lewis	SENIOR BOXING/ SPARRING		



UNIT13GYM.COM