

# 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.

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



**ANDREW**



**GEMMA**



**PENNY**

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

He has experience in all types of classes, weights, HIIT, boxing, boxfit, kettlebells.

Andrew runs regular body transformation programmes seeing clients lose as much as 24lbs in 4 weeks. He also runs hell week at the gym, an SAS type bootcamp competition.

Andrews specialty and passion is ice hockey - offering PT's for both kids and adults on the North East's only off ice ice pad.

He also offers general fitness and improvement strength and conditioning training for men and women.



**UNIT 13 GYM, SHIREMOOR**

# IN THIS GYM WE...



**DO PERSONAL GROWTH**



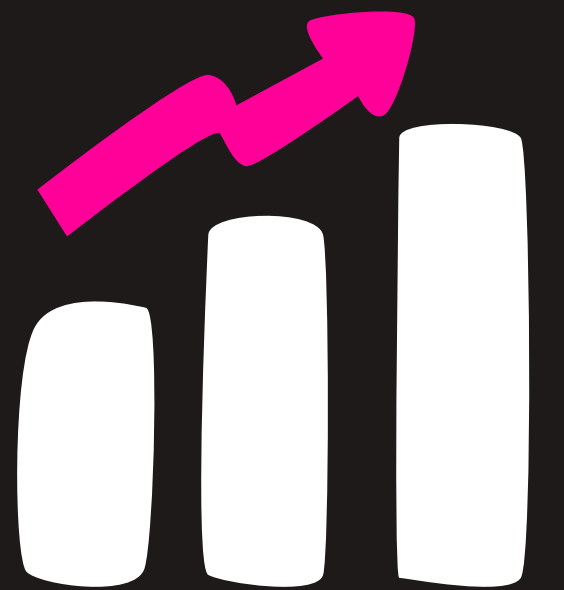
**RESPECT OUR GYM**



**HAVE A SUPPORTIVE APPROACH**



**HAVE FUN**



**DO 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+.

£5.00 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**

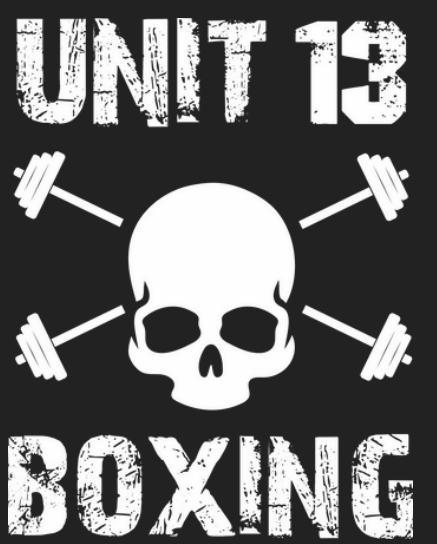


**CHALLENGING**

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



# BOXING



## 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.

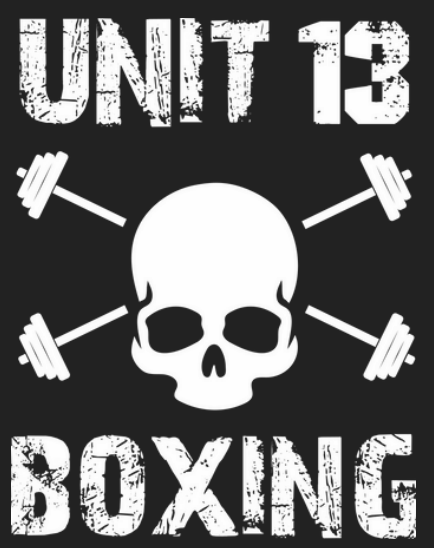
Team uniform is available to purchase from the gym.



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)**

**£3 per class**

**Unlimited classes: £25 per month**

**Tues and Thurs 4pm - 4.45pm**

**Saturday at 11am - 11.45am**

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)**

£4 per class

£30 per month for unlimited classes

Monday, Wednesday and Friday 5pm - 5.45pm

Friday 7pm (older teens if asked up)

Coaches: Andy Wile 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

UNIT 13  
BOXING

## SENIOR BOXING

**SENIOR BOXING (Ages 16+) Non-carded**

£5 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!



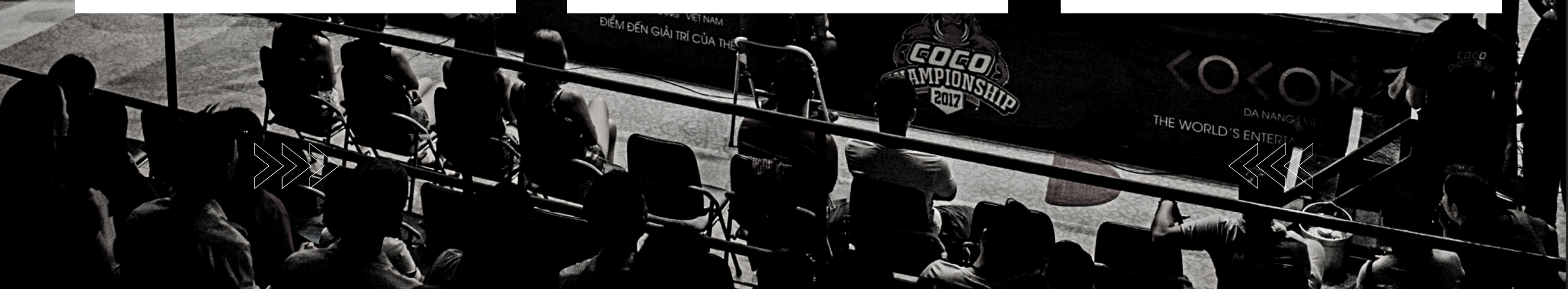
**TECHNICAL**



**SHOWS**



**FITNESS**





# SHIREMOOR

## AMATEUR BOXING

EST.

202

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

### Training:

Tuesday and Thursday 5pm - Ages 11+ (£30 per month)

Tuesday and Thursday 6pm - Ages 16+ (£35 per month)

Saturday 12pm - 2pm - Mixed ages (included in monthly package)



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

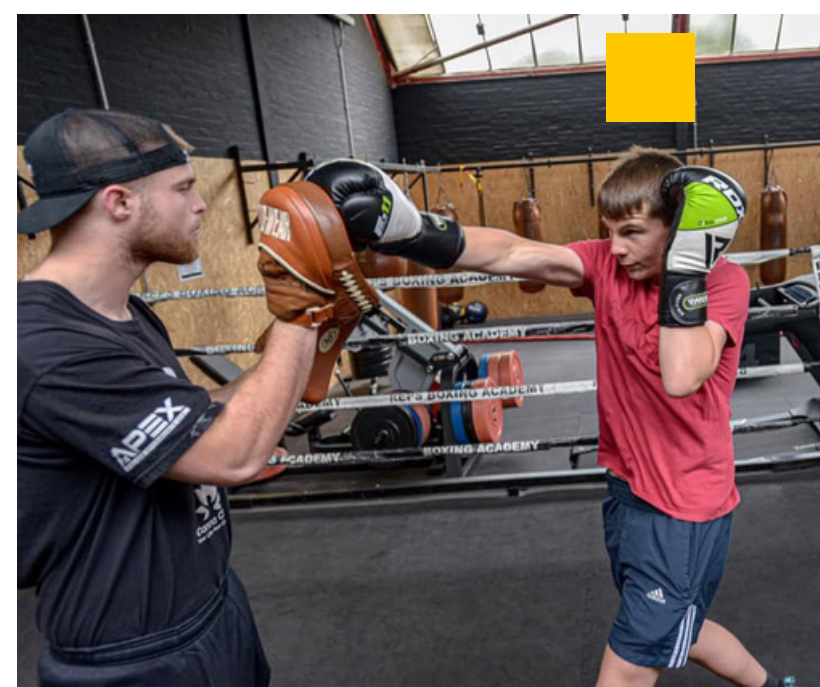
FRIDAY



5PM - 6PM



5PM - 6PM



5PM - 6PM

AGES 11-15YRS

£4 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](http://UNIT13GYM.COM)



# SHIREMOOR AMATEUR BOXING CLUB



UNIT 13 GYM & BOXING, SHIREMOOR

FROM 1 FEB 2022

## 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 blus for under 16 years  
Every Saturday morning we run our off ice hcokey 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
6.00							
7.00	<i>Train hard fight hard</i>						
8.00							
9.00							
10.00	BOOTCAMP Tess	BODY ATTACK Martyna	BOOTCAMP Andy or Ben	BOOTCAMP Tess	BOOTCAMP Andy or Ben	BOOTCAMP Kyle	BOOTCAMP Ben or Tess
11.00						MINI UNITS BOXING	
12.00						S.A.B.C JUNIORS, TEENS AND ADULTS MIXED	
13.00							
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	BODYPUMP Martyna	S.A.B.C TEENS/ADULTS	CROSSFIT Andy	S.A.B.C TEENS/ADULTS	FIGHTING FIT Andy		
19.00	SENIOR BOXING	BOXFIT Andy	SENIOR BOXING	BOXFIT Andy	SENIOR BOXING/ SPARRING		
20.00	SENIOR ACTIVE FIGHTERS		SENIOR ACTIVE FIGHTERS	KARATE Lewis			

