

RIZE BOXING & FITNESS

ABOUT US

RIZE BOXING & FITNESS WAS FOUNDED ON NOVEMBER 20, 2018. OWNER, TYLER JOHNSON, ENVISIONED TRANSFORMING LIVES BY MAKING AN IMPACT THROUGH BOXING AND BEGAN OPERATIONS INSIDE OF A 400 SQ FT GARAGE. 5 YEARS AFTER ITS INCEPTION, RIZE MOVED INTO ITS NEW, LARGER, CURRENT LOCATION. THIS GIVES THE OPPORTUNITY FOR MORE LIVES TO BE CHANGED BY JOINING THE RIZE FAMILY. THE GYM OFFERS MANY OPPORTUNITIES AND BENEFITS, BUT ISN'T THE HOME THAT IT COULD BE WITHOUT YOU!

OUR MISSION

THE **MISSION OF RIZE** IS TO SUPPORT MEMBERS IN GAINING AN OVERALL UNMATCHED WORK ETHIC THROUGH THE BENEFITS OF BOXING. NOT ONLY WILL ONE GAIN A SECOND FAMILY, BUT WILL ALSO BE IN A GYM THAT WILL HOLD ITSELF AND EACH MEMBER ACCOUNTABLE TO FOUR CORE VALUES:
RESILIENCE, IMMERSE, ZEAL, EFFORT.
THE RIZE FAMILY CARRIES THESE VALUES IN THE GYM AND THROUGH EVERYDAY LIFE.

Tyler Johnson, the visionary owner of RIZE Boxing & Fitness, brings over a decade of experience in the sport of boxing.

This experience includes competing in USA Boxing competitions, also coaching those of all ages. His expertise in the sport has enabled him to train alongside fighters and instruct clients nationwide. RIZE was built with hard work and dedication and Tyler is committed to delivering outstanding results and experiences to all who



TYLER JOHNSON

REFUSE TO BE AVERAGE!



EMAIL

RIZEBOXING.FITNESS@GMAIL.COM



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614-584-2211



WEB

RIZEBOXINGFITNESS.COM



OFFERINGS

- Youth Classes (Ages 5-12)
- Adult Classes (Ages 13+)
- 1 on 1 Private Sessions
- Workout Planning
- Remote Training
- Competition Team

RIZE BOXING & FITNESS IS A REGISTERED USA BOXING GYM THAT IS RAN UNDER THE RULES AND REGULATIONS OF THE USA BOXING ORGANIZATION.



BENEFITS OF RIZE

- Stress Relief
- Learning **REAL** Boxing Techniques
- Full Body / Conditioning Workouts
- Improving Self Confidence and Discipline
- MOST OF ALL, YOU WILL BE PUSHED TO BECOME THE BEST VERSION OF YOURSELF!



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