

## BISCAYNE BRIEFS

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# November 2007

### **K.O. Your Way To Health**

The Fight Club is not just another gym. That much is apparent the minute you set foot inside Sandro Flores's new Midtown pugilist emporium. Everywhere you look, it's people and punching bags. And the people, most of them women, seem to be having fun. No surprise. As Flores puts it, he offers "entertainment with the added benefits of getting in shape."

Fight Club members learn about boxing, about how complex it can be, how it requires you to think on your feet, to be prepared, to be in good physical shape. And when newcomers learn what kind of shape they're really in, says Flores, it helps them better cope with all other aspects of their lives. But it's more than traditional boxing alone.

Among the martial arts taught at Fight Club are muay thay (from Thailand), capoeira, karate, jiu-jitsu, and kickboxing, a favorite among the female clientele. All this involves personal attention from certified trainers, a welcome change from the more common gym experience in which you're given very special treatment up till the moment the contract is signed, after which you're basically on your own. In addition to individualized training, Fight Club also keeps a licensed nutritionist on staff, part of Flores's overall goal of guiding people toward healthier diets and healthier lives.

A variety of memberships is available, tailored to individual needs. But Flores knows this regimen is not for everyone, so he encourages introductory, short-term memberships initially. Once you strap on the gloves, though, you're likely to become hooked. The Fight Club is located at 120 NE 20th St., Miami. Open Monday – Friday 6:00 a.m. to 9:00 p.m., Saturday 9:00 a.m. to 3:00 p.m.. Closed Sundays. For more information on classes and upcoming professional sporting events, call 305-573-7400 or visit [www.fightclubamerica.com](http://www.fightclubamerica.com).