

live

# Getting into ski-shape with a boxing twist

## Griffins Boxing and Fitness gym hosting classes

Erin McPhee

[emcphee@nsnews.com](mailto:emcphee@nsnews.com)

**A world extreme ski competitor is offering some fitness classes starting this week to get skiers ready for the season.**

Kirsty Exner is offering two specialty programs hosted at Griffins Boxing and Fitness, a boxing boot camp and a ski-fit with a boxing twist class.

Exner moved to North Vancouver in May from Rossland where she grew up. The Interior served as good training ground for competing in big mountain extreme skiing competitions she said. Exner started competing in 1998 and is a two-time silver medallist in the world extreme free-skiing championships. While still a competitive skier, for the last six years she has been working as a personal trainer, fitness class instructor as well as a mountain bike and ski coach. She also offers boot camps.

Exner has created two specialized dry land training programs designed to assist community members to get back into the swing of things with the pending ski season.

"You don't want to be getting out on the slopes without some form of

conditioning because it's really going to set you back," she said.

The first program Exner is offering is a boxing boot camp running from Nov. 21 to Dec. 22. It takes place Tuesdays, Thursdays and Fridays from 6-7 a.m. If there's enough interest, she'll offer a second camp on those days from 7-8 a.m.

"It's definitely a boot camp style of class, but there's also boxing incorporated into it," said Exner.

Exner has recently gotten into boxing.

"I just found this newfound passion in kick boxing and boxing," she said. "It's just such a great cross training sport."

"It's adding a little variety into my regular dry land training programs," she added.

Exner said many of the skills used in boxing are adaptable to skiing or biking including agility, speed and technique.

"It's the same focus you need to have, it's thinking fast, it's on your feet and it's really high intensity," she said.

In addition to high intensity boxing, the boxing boot camp incorporates plyometric and strength training.

Exner's ski-fit with a boxing

twist will be offered Nov. 21 to Dec. 21 on Tuesdays and Thursdays from 5 to 6 p.m. Participants will do ski-specific exercises incorporated with plyometrics, strength and core training, balance, stability and flexibility exercises. Some boxing instruction will also be included.

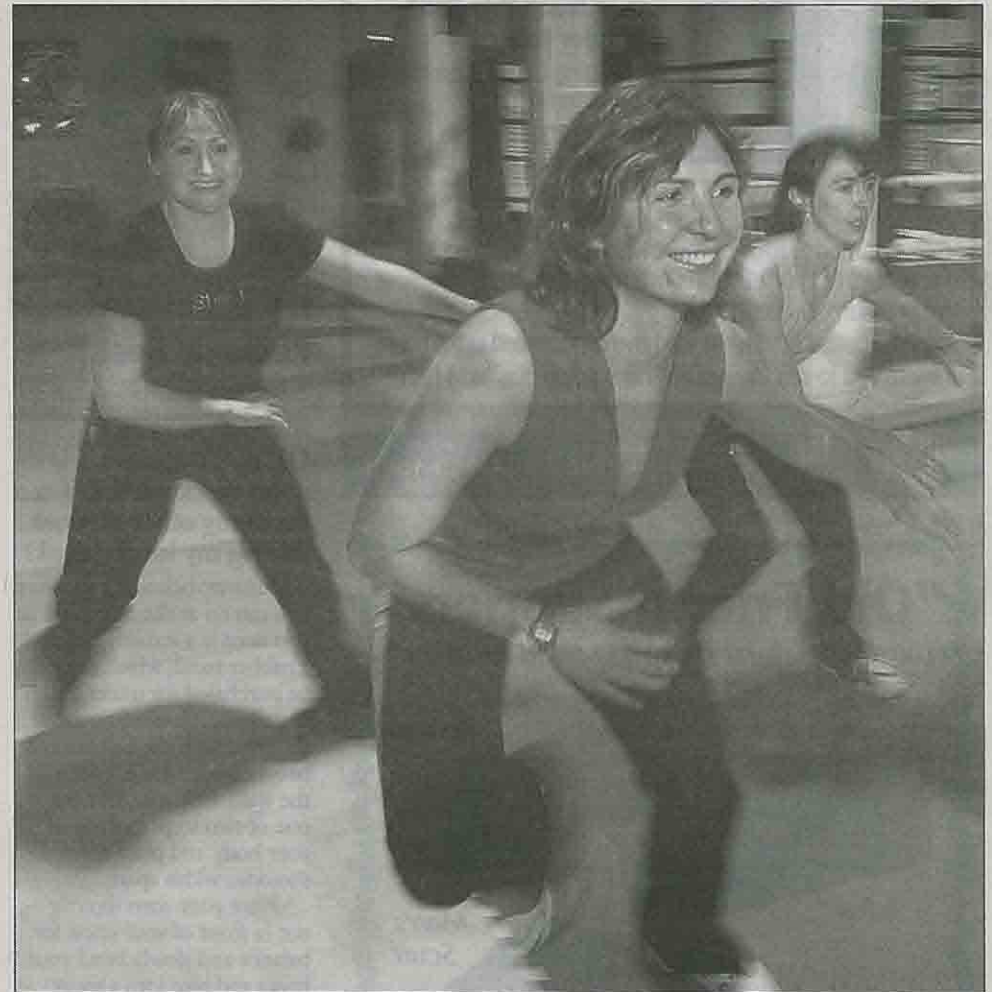
The class is open to individuals of all levels of ability.

"The style of a boot camp or a ski conditioning class is you can always modify it to your level," said Exner. "Every exercise I always give modifications for." For example during a class she might get someone to do jumping lunges, and someone else to do walking lunges.

Exner said her classes always draw a wide range of participants of varying ages too.

"It depends on the attitude of the person," she said. "Basically the key ingredient for coming to these classes is you've got to be keen, you've got to be ready for a hard workout and give 100 per cent."

Interested participants have until next week to join. Griffins Boxing is located at 125 West First Street. To register phone the gym at 604-980-1900.



NEWS photo Paul McGrath

**JULIE Kozier (left), and Tanya Allen flank instructor Kirsty Exner during one of her classes at Griffins Boxing and Fitness. A world extreme ski competitor, Exner has designed two programs starting this week at the gym designed to get skiers back into shape before hitting the slopes.**