Boxing rebrand set to knock out

By Elle Cecil

First opening in Hoppers Crossing in July 2019, and in Point Cook in November 2021, 12RND Fitness has now been rebranded to UBX, pronounced "you-box."

With workouts built around 12 rounds of boxing and strength, each workout conditions your entire body by working all muscle groups and energy systems. Each workout runs for 45 minutes and there are different workouts every day.

Each session has a coach present to run you through your workouts, to keep you accountable and to support you. As high interval training at its best, UBX builds lean muscle, burns body fat and increases overall fitness levels.

Owned by husband and wife duo Matt and Bianca McAuliffe, they are passionate about helping people achieve their health and wellness goals.

"We love to help people achieve their goals both physically as well as mentally, helping people overcome their fears or assist with their self-esteem, anxiety and depression through exercise, along with the huge benefits of weight loss, building lean muscle, burning body fat and increased fitness," Matt says.

Biance says: "We pride ourselves on providing a place where everyone can be themselves, no matter what your age, and feel part of a community.

"We have a full range of fitness levels from first times to seasoned gym junkies - everyone embraces the culture we provide and supports each other."

The team at UBX Hoppers Crossing and Point Cook will welcome and encourage you in your health and wellness goals. (Supplied)

UBX Boxing Hoppers Crossing and Point Cook have entered into the 2022 Wyndham Business Awards, in the personal and other services category. The awards celebrate business entrepreneurs, innovators and hardworking operators and highlight achievements of leading Wyndham businesses across key industry sectors.

Wyndham Business Awards entries close on Friday, June 3 for the category awards and Friday, June 17 for the People's ChoiceAwards.

To enter or nominate a business for an award, visit: www.wyndham.vic.gov.au/businessawards.

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