

THIS
ISSUE

IN
PERSON

Dave
Gaudette
teaches
boxing for
fitness

Page 5



CRISSEY PASCUAL / Daily Camera

Dave Gaudette, owner of Front Range Boxing Academy, trains with kickboxer Julie Biedeman. The two also teach a "Jump & Jab" exercise class at the downtown Pulse.

Bagging the workout

Aerobic boxing new trend in fitness



By SANDRA FISH
FIT Editor

WHAT

Who: Dave Gaudette.

Age: 44.

Occupation: President and owner, Front Range Boxing Academy, 2862 Bluff St.

Family: Gaudette, his wife and their 10-year-old daughter live in Lafayette.

Background: Gaudette has a bachelor's degree in philosophy from Stone Hill College in Northeaston, Mass., and a master's degree in comparative philosophy from the University of Colorado.

He holds an elementary teaching certificate in Colorado and taught at Pioneer Elementary School in Lafayette.

He trained as a boxer with Goody Petronelli in Brockton, Mass.

When did you open your gym? Oct. 1, 1994.
"When I was a fighter, I was in great shape. I loved it. I kind of got out of it. Then I got back into it, hitting the heavy bags, skipping rope, shadow boxing."

them what a great workout it is. When you're hitting that heavy bag, you feel like a world champion. You feel empowered. There's nothing like this workout."

Gaudette says boxing can be a non-threatening workout.

"You don't even have to take any punches if you don't want to. It's just for cardiovascular training and self defense."

What do you think of boxing aerobics? "I think it's a good thing, depending on how it's done. It can be a great workout for people." Gaudette helps teach some boxing aerobics classes at Boulder health clubs.

How many students do you have? About 20. The gym offers group workouts from 6 to 8 p.m. Monday, Tuesday, Thursday and Friday and from 7 to 8 p.m. Wednesday. From 8 to 9 p.m. Monday through Friday and noon to 3 p.m. Sunday, the gym is open for individual training.

What is your workout routine? "I go about 14 or 15 rounds" on various equipment.

DO YOU THINK OF BOXING AEROBICS?

"I think it's a good thing, depending on how it's done. It can be a great workout for people."