



**NEW
CLASS!!**



BOXERCISE!!

Boxercise is a fantastic way of relieving stress and gaining fitness at the same time! Boxercise incorporates a series of movements which can help improve hand and eye co-ordination, strength and balance!

So what are you waiting for? Come and join in!

Sundays 10am-11am (starting Sunday 7th February)

£4.00 per class. Equipment provided by the Sports Centre.