











# BoxingFitness Classes (6 GBP)



Location **West Midlands, Worcestershire**  
<https://www.freeadsz.co.uk/x-405184-z>

Mondays 6.20 Thursdays 6.00 St Marks Church Hall Orchard Street WR5 3DW **BOXERCISE CLASSES** MEAN HAVING A GREAT WORKOUT IS GUARANTEED.....BURN OVER 800 CALORIES A SESSION Boxing4Fitness is our signature boxing class, one of the best ways to quickly increase your fitness, conditioning, technique and total body strength. Through shadow boxing, pad work with our excellent boxing coaches, boxer-style circuit training and plenty of encouragement, we'll help you build your stamina and learn a fantastic, fun and challenging sport. Classes are fun, friendly, and open to everyone whether you're experienced or an absolute beginner, fit or unfit, looking to fight or just want a great way to de-stress, gain confidence and learn self-defence. At a typical 60-minute Fitness & Skills class, you can expect: A fun warm up to the body ready for the next 60 minutesDrills for stance, guard, punches and movementDrills to work footworkShadow boxing for movement and techniquePad work to put it all togetherVarious punch bags including speed ball Hardcore boxer-style circuit trainingGreat music and atmosphere ;

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