

# Women Only Boxing Classes Get Fit Fast And Have Fun Beating The Crap Out Of Stuff



Location

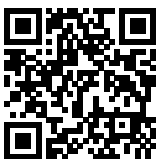
**South East, Middlesex**

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OK, So you like the idea of having fun whilst getting fit or was it the BEATING THE CRAP OUT OF SOMETHING that caught your eye. Professional Boxer Marianne Marston's Women's Boxing and Boxing Fitness classes provide the perfect outlet for you to vent your frustrations. That's not all they provide. You will quickly become fitter and more toned as well - which can't be bad. So if you are interested in having fun, getting fitter and beating the crap out of things read on.... Back in 2009, on her return from America, Marianne noticed that the only type of boxing classes being offered to women were of the less effective aerobic 'Boxercise' type and not the fat busting, body sculpting mainly anaerobic BOXING based classes, so she decided it was time to create a series of true Boxing based Classes specifically for Women and they're still going strong now. The Boxing & Boxing Fitness classes, Marianne created, are far removed from the aforementioned 'Boxercise' classes offered by most fitness centres and personal trainers. Marianne's classes, even though created for beginners, are the real deal, and as such you will be using proper boxing equipment such as Focus Pads, Heavy Bags etc. as well as undertaking some of the very same exercises and drills as used by professional boxers in their competition preparations. Please note these classes are for beginners and intermediate level only. Marianne also offers advanced sessions (Boxing Skills, Sparring etc. on Tuesday evenings – by invitation only). Marianne also offers one-to-one personal training sessions – limited slots available. **CLASS INFORMATION** The Ladies Boxing and Boxing Fitness classes cost £15 per session and are one hour in duration and are held at: The Ringtone Boxing Gym. Basement 141-153 Drummond Street, Euston, London NW1 2PB on Wednesday evenings at 6.30pm. Nearest tube/mainline station - Euston (Underground & Mainline) & Warren Street (Underground) Marianne's long time sponsor Boxfit UK have

launched a Women In Boxing Campaign – please support this campaign + see below: Boxfit UK is a #? Together We Beat The Crap Out Of Stuff campaign in boxing and fitness. Boxfit UK have launched a campaign to get women boxing and fitness with professional and beginner friendly classes for everyone and there's no place for gender inequality in the boxing world. The campaign is led by Boxfit UK and is headed by professional boxer Marianne Marston. The campaign is aimed at inspirational women and role models, to have a positive impact on beginners who may be wondering if boxing is for them. How you can get involved: If you have to box use the hashtag #TogetherWeBeatTheCrapOutOfStuff on Facebook, Twitter and Instagram and share your photos from the gym, training and even your journey of starting to box with the community. As the message reaches more people the campaign hopes to get closer to gender equality and have everyone working together for this hugely respected sport.



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