

# Boxercise With Trowse Total Fitness (5 GBP)



Location

East of England, Essex

<https://www.freeadsz.co.uk/x-465626-z>

**Trowse Total Fitness**

- \* Torch body fat
- \* Get nicely defined
- \* Gain strength
- \* Look & feel great

**Personal Training** From £25

**Fitness Classes** From £5 per Class

**David Trowse**  
07882304294  
[www.TrowseTotalFitness.com](http://www.TrowseTotalFitness.com)

*get fit*  
*sign up now!*

Boxercise is Suitable for all fitness levels and abilities. Classes run on Wednesday evening from 7:30PM booking Required During the classes you will use your whole body, your arms, your legs and the time flies as you work on body movement, agility and momentum. Achieving the correct technique takes practice but soon you'll become more comfortable with the punches enabling you to punch faster and burn even more calories. In an hour you can burn more calories than using a stairclimber! If you stick with the Boxercise workout you'll get cut, you'll get definition, but you won't gain bulk. Boxercise pulls all the pieces together. Hitting the pads can be a release for your aggression and anger, and it's a phenomenal workout. Best of all, it's fun and relatively inexpensive. So don't just sit there - get your gloves on!

[www.trowsetotalfitness](http://www.trowsetotalfitness)



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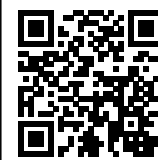
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