



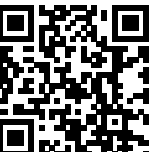







Boxercise Classes (6 GBP)



Location **West Midlands, Worcestershire**
<https://www.freeadsz.co.uk/x-234428-z>



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 minutes Drills for stance, guard, punches and movement Drills to work footwork Shadow boxing for movement and technique Pad work to put it all together Various punch bags including speed ball Hardcore boxer-style circuit training Great music and atmosphere If you are completely new to boxing, you might be considering a Personal Training session before joining a group class. At W.M.F Personal Training sessions, we provide a structured training programme designed to give you the skills and confidence you need to train in our Boxing4Fitness classes. We teach you the fundamentals, including: How to stand (the boxing stance) How to throw straight punches How to throw curved punches How to throw punches in sequence How to move without losing balance (footwork) How to assess yourself (shadowboxing) How to use the equipment How to set goals for your training If you regularly attend our Boxing4Fitness classes and would like to book a Personal Training session to take your fitness and skills to the next level, we will plan your training according to your needs. You might want to focus on offence, defence, pad-work, low-contact touch-sparring, overall fitness or something else. Whatever your needs, we teach you;

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