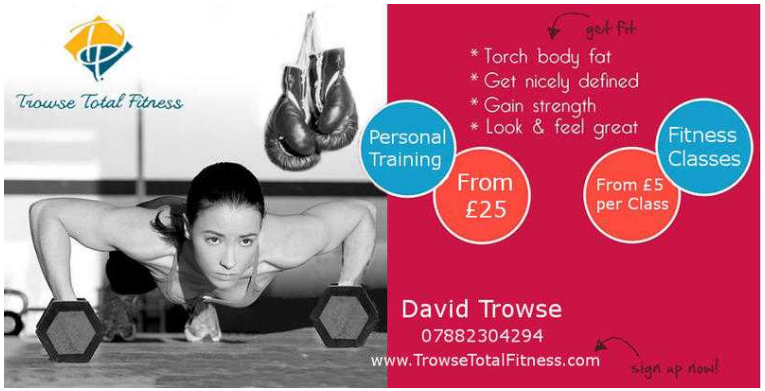
FreeAdsZ.co.uk

Boxercise With Trowse Total Fitness (5 GBP)

Location **East of England, Essex**
https://www.freeadsz.co.uk/x-465626-z



Boxercise is Suitable for all fitness levels and abilities. Classes run on Wednesday evening from 7:30PM booking Requiared 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

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