



Boxing workout for women

Friday's 2:00-2:50 – Red Portacabin

Have you tried boxing? Would you consider joining a boxing class? Boxing is a great way to relieve stress, release endorphins, tone and strengthen your muscles, burn calories, increase your cardiovascular endurance and ... learn real boxing skills and how to punch.

It may look like you only use your arms in boxing, but you are actually using your entire body. You will learn how to draw strength from your legs, core, and back to pack the most power into each punch. It will be one of the most humbling experience. It's great fun. Ladies of any and all fitness levels are welcome. Try it, and take the first step towards getting into the greatest shape of your life! Sign up and get yourself a pair of boxing gloves.

Cost €10,00 per session

To register for this Activity please sign up at: www.thehungrymind.nl

