

Boxercise

Thursday's 7.30-8.30pm
Frank Myler Pavilion

Liverpool Road, Widnes, WA8 7EZ (next to Ditton Primary school) 0151 511 8282

£5

Friendly and Supportive Class for men and women of all ages

High intensity training class based on boxing (Beginners – Advanced)

Great Cardio, builds strength, improves coordination and confidence and reduces stress and anxiety

To book contact Kara: 07938112950

EMAIL: kfitkinaestheticfitness@gmail.com

Facebook: <https://www.facebook.com/kfit2HEALTH>

For further information on Physical Activity in Halton:

Call Paula Parle 0151 511 8550

Paula.parle@halton.gov.uk