

# BOOST

## BOXING



## A new weekly non-contact boxing and wellbeing session for men

**Starting in October, every Wednesday, 12 noon  
Marple Senior Citizens Centre, Memorial Park, SK6 6BA**

**No experience needed, beginners welcome  
Classes are free and equipment is provided**

Get in touch for more information and to register:

email: [BOOST@the-thread.uk](mailto:BOOST@the-thread.uk) text/WhatsApp: 07808 773264  
visit: [www.boostgm.com](http://www.boostgm.com)

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