

BOOST

WOMENS BOXING



Non-contact boxing classes for the Mind, Body and Soul

**A 12 week wellbeing workout to help
improve your mental health and wellbeing**

**Learn new skills, improve your mood,
build self-confidence and have a lot of fun along the way!**

No boxing experience needed - give it a go !

Starts Tuesday, 4th February, 7pm - Brinnington Park Life Leisure

**For more information and to
register, contact:**

e: boost@the-thread.uk

m: 07808 773264

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Supported by

