

### Boxfit Bootcamp

Punch your fitness to the next level in this cardio-infused workout that will build strength, increase self-discipline and self-confidence, and improve agility, speed, co-ordination and strength.

Classes involve boxing combinations, cardio drills and a core crusher.

Suitable for all fitness levels

BYO towel, water bottle, sunscreen and cap

**Saturdays** 12 April - 27 September (excl. 10 May due to Seabreeze Festival)

**9:00am - 9:45am**

**Seabreeze Slab**, Nightcliff Foreshore  
near Nightcliff Jetty

No bookings required!

Instructor: Jacinta - Territory Fitness Group

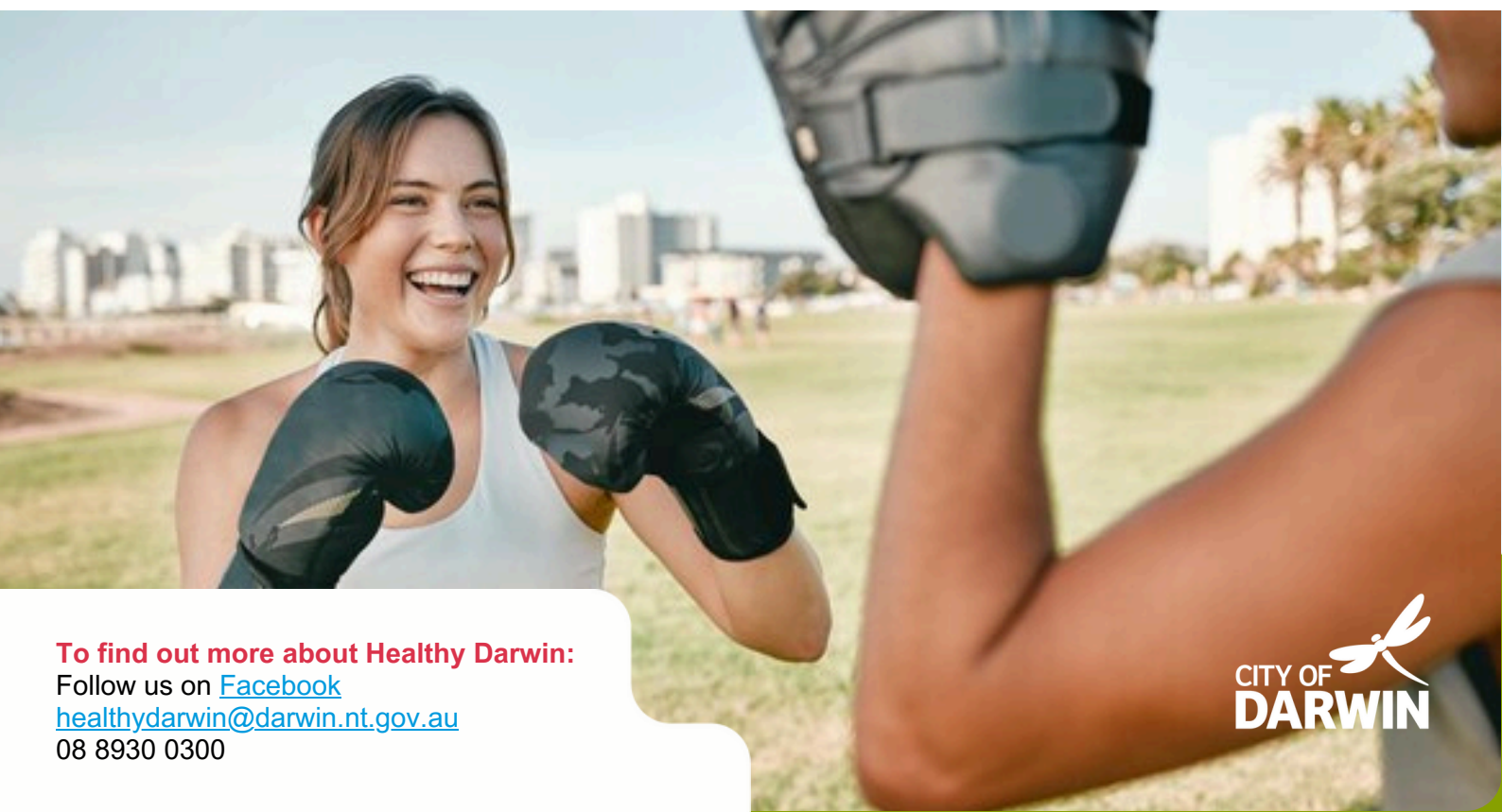
**P** - 0437 291 955

**E** - [territoryfitnessgroup@yahoo.com](mailto:territoryfitnessgroup@yahoo.com)



To find out more about this activity,  
contact the instructor directly.

**Only \$5 per session!**



**To find out more about Healthy Darwin:**

Follow us on [Facebook](#)

[healthydarwin@darwin.nt.gov.au](mailto:healthydarwin@darwin.nt.gov.au)

08 8930 0300