



Build your
endurance &
strength!

Boxercise

Saturdays 9:00-9:45am

A 45-min cardio workout using interval training and different boxing combinations.

Challenge yourself and join in on the action!

Location: Nightcliff Community Centre - Boab Room
18 Bauhinia Street, Nightcliff

Cost: \$5 per person

Bookings required!

Contact: Jacinta - Territory Fitness Group 0437 291 955
or territoryfitnessgroup@yahoo.com

BYO mat,
water
bottle &
towel



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