



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](mailto:territoryfitnessgroup@yahoo.com)

BYO mat,  
water  
bottle &  
towel

