



# BoxFit

Thursdays 5:15-6:00pm

Boxfit is a fun cardio and strength workout, incorporating basic boxing combinations using gloves and focus mitts. This is combined with body weight and cardio exercises for a full body workout.

Classes vary each week and it's a great way to meet new people!

Everyone 15 years and over are welcome.

**Location:** Harmony Hall, 44 Patterson Street, Malak

**Cost:** \$5 per person

**No bookings required!**

**Contact:** Chico's Fitness Darwin 0408 088 091 or visit

[www.fitnesshubdarwin.com](http://www.fitnesshubdarwin.com)

A fun cardio & strength workout!

BYO mat, towel & water bottle



[www.darwin.nt.gov.au/community/programs/healthy-darwin](http://www.darwin.nt.gov.au/community/programs/healthy-darwin)  
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