

Boxfit Thursdays 5:15-6:00pm

Boxing for fitness incorporates basic boxing combinations using focus pads and gloves, combined with other general bodyweight and cardio exercises.

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

A fun

cardio &

strength workout!

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 0408 088 091 or visit <u>www.fitnesshubdarwin.com</u> BYO mat, towel & Water bottle

> Healthy Darwin



darwin.nt.gov.au/healthydarwin P: 8930 0431 | E: healthydarwin@darwin.nt.gov.au