

# BOXERCISE<sup>®</sup>

**Thursday 19th April - Thursday 24th May**  
At Leighfield Primary School and run by Finding Fitness Ltd.  
**08:00 – 09:00**

This club is open to children in year 2/3/4/5/6 only.



Boxercise is a fitness form involving the movement and punching techniques of boxing. Children strike their partner's focus pads with punches. It teaches children to concentrate well and improves fitness.

## Specific points of learning during the six week course:

- Boxing stance
- Safety around Boxercise
- Techniques for eight punches
- Techniques for moving forwards, backwards and sideways
- Boxing to music



The club will be run by qualified and registered Boxercise instructors from Finding Fitness Ltd and will benefit children's speed, stamina, fitness, concentration and focus.

**To sign up** please email [jack@finding-fitness.co.uk](mailto:jack@finding-fitness.co.uk), with your child's name, age and any relevant medical information. You will then receive details of how to make your payment online. There are 20 places for this course and places will be given on a first come / first serve basis. Places will only be confirmed upon receipt of the full payment.

Cost: £24 for the six week course.