

BOXERCISE[®]

STARTING SOON

Tuesday 11th June
at Chadsmead Academy
3.20pm – 4.20pm



We are excited to bring a new opportunity to the children at school and to offer them more inspiration in taking part in fitness.

*Boxercise is boxing modified for safety, **fun** and fitness with no sparring involved, purely hitting pads with gloves whilst exercising. Children will be safely coached through all the skills but watch out they may want to practise with you at home!*

If you would like your child to take part in Boxercise sessions and to work towards their Bronze award, please complete the enclosed form.

Official Boxercise Award Certificate received on completion.