



HEALTHY BOXING

Monday's 28th of June to 19th of July | 5:15pm to 6:15pm
@ YMCA Friend Street, George Town

PROGRAM PARTNER



FREE 4 Week Program!

Cardio boxing with an introduction to boxing techniques and fitness, which is fun for the whole family.

OTHER INFORMATION

Please wear comfortable clothing, bring a drink bottle and arrive 10 min before the start time. Come to one or come to them all!

CONTACT DETAILS

Justin Bartlett

0407499604



How to Register

Just turn up on the day to participate or pre-register today via one of the options below:

1. Complete a paper-based form at the session OR
2. Register online at www.healthytasmania.com.au/Registration OR
3. Fill in your details just ONCE by downloading the "I'm In by Healthy Tasmania" phone app available on iOS and Android. Then simply bring your phone along to a session and scan the QR code on your phone with the session coordinator's phone.