



HEALTHY BOXING

FREE 8 WEEK PROGRAM

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Friday 21st February to Friday 10th April (refer calendar for specific dates)

@ YMCA George Town, Friend Street

PROGRAM PARTNER



FREE 8 Week Program !

Cardio boxing with an introduction to boxing techniques and fitness for young people aged 10 years to 25 years. February 21 and 26; March 4, 13, 20 and 27; April 3, 10 and 17

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:
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 to a session and scan the QR code on your phone with the session coordinator's phone.