



Boxercise

Boxercise is a fast, high rep workout using the entire body. It builds muscular strength and endurance while packing a calorie-burning punch! It's not only a high intensity workout burning fat, it's a fun and empowering class.

A key benefit of boxercise is boosting self-esteem and self-confidence. In a boxercise workout we focus our energy and our mind is stimulated. This improves mental agility and decision-making skills in real life.

Boxercise is great for everyone wanting to improve their general health and fitness. It is also an excellent choice for those wanting to combat stress – a great outlet for frustration! Punching a bag releases muscle tension and channels-controlled aggression which is great for stress relief.



