



# BE FULL BOTTLE HAPPY

**BOXERCISE<sup>®</sup>**

combines boxing and exercise in great fun, stress busting activity to suit everybody who wants to enjoy boxing training without getting hit! There are over 1.2 million people in the UK taking Boxercise classes or doing Boxercise with Personal Trainers. Boxercise is one of the most effective forms of cross training available. It combines use of both aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibres in a manner that ensures a diverse workout, but also enhances sports specific senses, including hand eye co-ordination, balance and timing. Boxercise classes are fun and addictive. Boxercise can be used for group classes or Personal Training.

See website for dates and times

**[www.fullbottlefitness.co.uk](http://www.fullbottlefitness.co.uk)**

**Call Tina: 07952 648682**



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**GET FIT  
STAY FIT  
HAVE FUN**