



THE FITNESS FACTORY BOXING BOOT CAMP

New day & time!

Tuesdays 7:00 PM - 7:45 PM

Starts January 7th

Boxing Boot Camp is a unique class that proves that boxing and boot camp drills combined is a phenomenal combination. In this class we will be using a variety of equipment including bob (human-like heavy bag), double end bag, speed bag, focus mitts, etc.

This class is great for toning the whole body especially the arms, shoulders and core! Boxing Boot Camp is also great to improve coordination, endurance and reduce stress. If you're sick of the same old boring workout and are looking for something new this is the class for you!

Space is limited*! Sign up today at fitnessfactorynh.com

401 Main Street / Unit #109
Salem, NH
(603) 458-2599
fitnessfactorynh.com

**Limit of eight (8) clients per session.*

FITNESS FACTORY

