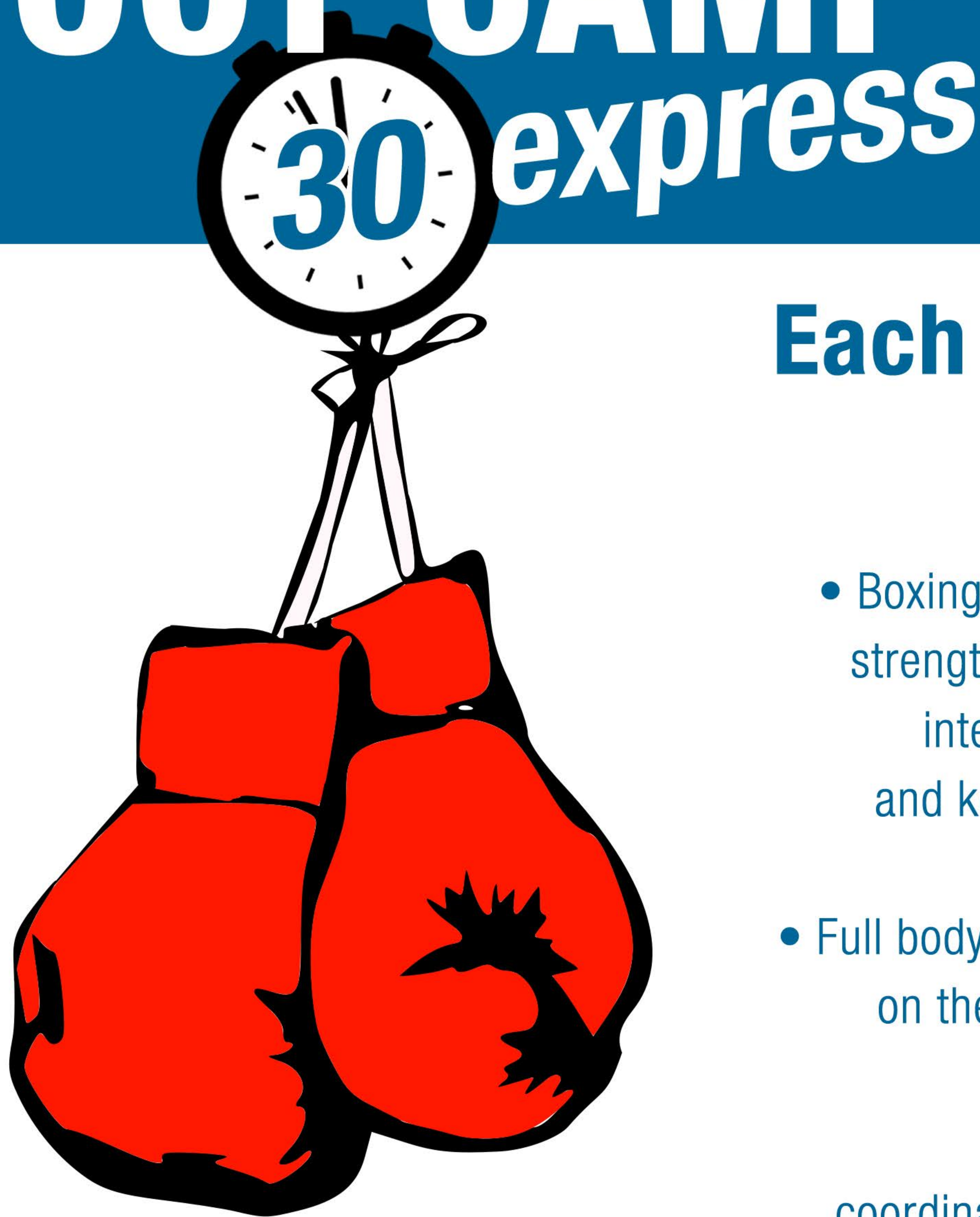


THE FITNESS FACTORY BOXING BOOT CAMP

Thursday
7:15 PM - 7:45 PM



Each session only \$10

- Boxing drills mixed with functional strength exercises and hi-intensity intervals to challenge the body and keep the heart rate elevated.
- Full body program with an emphasis on the shoulders, arms and core.
 - Reduce stress, improve coordination, and make fitness fun!

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

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Salem, NH
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**Limit of eight (8) clients per session.*

FITNESS FACTORY

