

BOOST

WOMENS BOXING



A Stress-busting, Mood-lifting Confidence-building workout

**Free non-contact boxing sessions to
support your mind, body & soul**

**Starting February 2022, Tuesdays 7.00pm
Brinnington Park Life Leisure, Stockport**

**If you think you or someone you know might enjoy these sessions,
just get in touch. No experience needed. Places are limited**

**STOCKPORT
COMMUNITY
Champions!**

BOOST
STOCKPORT

lifeLEISURE
liveFITNESS liveSPORT liveLIFE

**For more information and to
register, contact:**

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