



# BOX - FIT

**WHEN:** STARTING 28 OCTOBER | MONDAY 5.45PM - 6.45PM

**WHERE:** MOIRA YOUTH CLUB, ASHBY ROAD, MOIRA, DE12 6DP

**COST:** 30 FREE SESSIONS

**WHO:** 14- 19 YEAR OLD BOYS AND GIRLS

**WHAT?** WEEKLY SESSIONS WITH A MIX OF BOXING AND FITNESS

**REWARDS:** FREE PAIR OF BOXING GLOVES AFTER ATTENDING EIGHT SESSIONS

Sign up is essential, contact Emily Rodbourne 01530 454755 or email [emily.rodbourne@nwleicestershire.gov.uk](mailto:emily.rodbourne@nwleicestershire.gov.uk)

