

BOXERCISE®

at The Langdale Spa

Every Tuesday 7.15pm - 8.15pm

Fun Boxercise® £4.50

An enjoyable stress busting cardio workout which uses kicks and punches to burn calories and channel aggression. No physical contact, only a boost in confidence and control complimented by muscle toning, improved flexibility, agility, balance and hand-eye co-ordination.

Every Friday 6.00pm - 7.00pm

Advanced Boxercise® £4.50

A Friday night stress busting fight! An aerobic and anaerobic kicking and punching workout which is guaranteed to make you sweat. Boxing and kick boxing discipline and coaching will sharpen up your reactions, technique, range of movement, timing, power, fitness & confidence.

BOXERCISE® is suitable for men and women, all ages and levels of ability.

There is no physical contact involved. You will be asked to hold focus mitts and pads, although you can opt out if you wish.

Trainers required. All other specialist equipment provided.



Exercise Class & Swim £7.00 per person

All classes **FREE** to **Spa Members** (excluding Yoga and Pilates)

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