

# BOX FITNESS 55+

OLYMPIA BOXING CIC  
MAIDSTONE LEISURE CENTRE



Our Box Fitness 55+ programme is designed for all abilities and fitness levels. It's great fun.. get's you fit, controls weight management, builds strength, coordination, improves confidence, helps socialise and meet new people!

## FREE TASTERS

Wednesday 16th January 2-3PM

Wednesday 30th January 2-3PM

@ Maidstone Leisure Centre, ME15 7RN

We are putting on these FREE tasters, so everyone can try out the fun and then we are looking to run a weekly programme from February forward.

## CONTACT US

- Facebook - Olympia Boxing CIC
- Twitter - @olympiaboxing
- Instagram - @olympiaboxing
- wayne@olympiaboxing.co.uk



**Olympia**  
**BOXING**