



HEALTH & FITNESS
STRIVING FOR HOLISTIC HEALTH

JUNIOR HOLIDAY PROGRAM

STARTING TUESDAY 20th December 2016

Length: 6 Week Fitness & Boxing Program

When: Every Tuesday & Thursday 2pm – 3pm

What: Learning the sport of Boxing and BASIC Boxing skills

Other: Having an understanding of Respect, Discipline, Social skills, Team work, Self Esteem, Positive Relationships and more

Who: 8 – 12 year old's

ONLY 10 spots available

Cost: \$120



Head coach/trainer

**ASCA Strength & Conditioning
coach/ Boxing coach/ Bachelor
in Management**



Boxing coach

Register:

Contact: Steve G

Email: stevegtraining@gmail.com

Phone: 0428 286 737