



MARCH COMMUNITY CENTRE



BOX & BREW



TUESDAYS



10AM-12PM

YOU CAN TAKE PART IN BOXING FITNESS ACTIVITIES, TABLE TOP GAMES AS WELL AS HAVE A CHAT & A CUPPA.



WE ENCOURAGE ALL ABILITIES, TAILORING EXERCISES FOR THE FULLY FIT, THOSE WITH DEBILITATING ILLNESS'S AND MORE, WE ARE AN INCLUSIVE GROUP.



PARTICIPANTS REPORT IMPROVED MOBILITY & FITNESS, INCREASED CONFIDENCE, BETTER BALANCE & COORDINATION, ENHANCED EMOTIONAL & PHYSICAL WELLBEING & DECREASED SOCIAL ISOLATION.

COME ALONG FOR A BIT OF FUN, NO NEED TO BOOK

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