



★★★★ I'D RATHER BE BOXING ★★★★★

Fitness inspired boxing classes for Seniors
and people with Parkinson's disease.


NOW in Smiths Falls!

Westminster Church
11 Church Street W
Smiths Falls, ON
K7A 1P6

Monday & Wednesday
11:30 am – 12:30 pm

Friday
9:30 am – 10:30 am

Come and try a
class for **FREE**

 613-224-2694 (BOX4)

 info@boxing4health.com

Improve your

- ★ Speed
- ★ Flexibility
- ★ Strength
- ★ Balance

and have fun doing it!

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 boxing4health.com

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