



## Barwell C of E Academy Boxercise Class

Dear Adults,

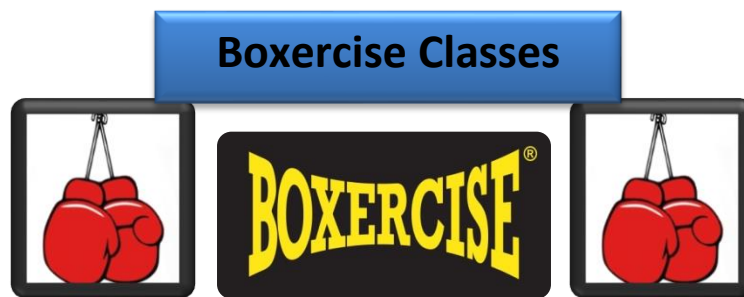
We are delighted to offer you a chance to take part in our boxercise and circuit training classes.

The key purpose of Metcalf Multisport boxercise and circuit training classes are to:

- Burn fat
- Tone muscle
- Mix of cardio
- Meet new people
- Get FIT and **Have fun**

**FOR ADULTS AND EACH CLASS IS JUST £4**

**Boxercise** is a general mix of cardio and body weight exercises with pad work. There is no contact or punching each other, it is based on working hard on and off the pads to great music.



These classes will run in 6-8 weekly blocks, a maximum of 20 people per boxercise class.

All equipment is provided, please bring a drink and wear suitable fitness clothing.

### Class 1 - Thursday evenings - 4:50-5:50pm – Boxercise class

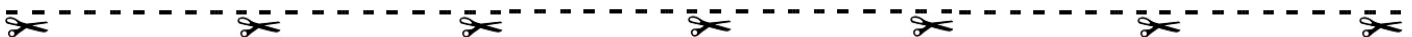
To apply simply text Marcus Maynard on 07875233920 or email [marcus@metcalfmultisports.co.uk](mailto:marcus@metcalfmultisports.co.uk) to book your place

Please text or email your name and which class and day you are wanting to attend

Then please bring the consent form below to the first class but you must text or email you can't just turn up due to numbers.

You can pay by cash or bank transfer (see details below)

**Starts WC 21<sup>st</sup> October – W.C. 16<sup>th</sup> December = 9 weeks= Total Price= £36.00 or £4.00 per week**



**WE NO LONGER ACCEPT CHEQUES**

I .....will be taking part in a Metcalf Multisports course.

Mobile Contact(s).....Any medical conditions.....

**Bank transfer – Metcalf Multisports Limited, sort code- 77-15-33, account number- 03199360 (Your name, course)**

Total paid £36.00

(Please tick) cash  bank transfer  Date transferred ...../...../..... Reference \_\_\_\_\_

Signed \_\_\_\_\_

**Must be bought back on first class and remember you must book first thanks**

