



BOXERCISE

CLASSES

What is boxercise?

A fitness class which incorporates a number of boxing moves and techniques without the physical contact.

Who is it for?

Everyone - A class for all levels of fitness.

It is certainly not just for men. It is actually popular with both men and women.

Men are usually put off aerobics classes because they're worried about their lack of co-ordination. Here there is a level of co-ordination but it's restricted to boxing movements.

Women love it too. The only thing you actually punch is thin air and it is a great way of toning your body and letting off steam at the same time.

Which sport is it good for?

Boxing, rugby, cricket, rowing and all sports which require a good upper body strength.

What areas of the body does it work on?

It focuses on upper body conditioning, working the arms, abs, chest and shoulders. It also includes some lower body exercises in the kick boxing area and increases your fitness levels.

Is boxercise done to music?

Yes, the classes are done in time to popular music songs and include work with pads and speedballs, along with circuit training and skipping.

Here's what people have said about K A fitness boxercise classes:

"Using kettle bells in the warm up is a fantastic way to improve balance and flexibility"

"I love the way the class builds in momentum up to the pad work at the end"

"Boxing without getting hit. Great!"

Boxercise Classes - Free to Members!

Not A Member? Want To Try A Class?

Call 01235 763333 or visit our website for a free, no obligation: 5 Day Gym Pass!



ladies circuits with natalie

A Ladies only class for all levels of fitness.

A circuit with timed stations incorporating free weights and CV exercise aimed at tightening up those important female areas.



Natalie, your instructor will give words of encouragement while motivating music plays in the background.

This is one of the most popular classes in the week. Here is a selection from some of the feedback received:

“Excellent, I feel it is doing me good and toning me up, I feel much fitter”

“Good hard workout, I felt like I had used every body part”

“I enjoy the changes that are involved in the class it makes it interesting. Enjoyable hour. Thanks”

“Really good, really enjoyed it. Got the heart rate up”

“Loved the class, really varied and I was able to work at my own level without feeling self-conscious. This was my first time and I will definitely be back”

“Really enjoy the friendly atmosphere and I can take it at my own pace. It’s great having a different circuit each week.”

Call 01235 763333 or visit our website for class times and availability.

Ladies Circuits - Free to Members!

can you help?



The Health Editor of Sunday magazine (News of the World) needs help with special projects and is looking for a group of about 10 local women.

One of these projects is a slimming group, to be held at KA Fitness club on one morning a week. We invite applications for this group.

- **This will be free-of-charge!**

The purpose is to help you lose weight and provide motivational stories for our readers. Successful applicants will be selected on a range of criteria, but an important part of the process will be commitment, motivation and reliability.

This is a warm and enjoyable programme, applicants must have access to daily e-mail and you will have the personal guidance of nutritionist Monica Grenfell, Health Editor of the News of the World.

- **No special diet is involved!**

For more details, please e-mail michelle@kafitness.co.uk and ask for an information leaflet and application form, alternatively ask at the K A fitness reception Or please send an A4 s.a.e to:
Monica Grenfell, PO Box 64, Wantage OXON OX12 9GA.

Free In House Creche!

Don't forget we have a fully supervised, free of charge crèche on site at K A fitness.