

# QUINCY COED BOOTCAMP CLASSES FRIDAYS at 530 TRY IT FREE (QUINCY)



Location **Massachusetts**  
<https://www.genclassifieds.com/x-753026-z>

QR Code Link to This Post COED BOOTCAMP CLASSES FRIDAYS at 5:30 at Total Body Boxing and Fitness 89 Newbury Ave Quincy MA  
[www.totalbodyboxing.com](http://www.totalbodyboxing.com)

Kick off your weekend with our Friday night boot camp! Build strength and improve cardio condition/endurance with our coed Boot Camp class. Bootcamp mixes traditional and non traditional exercises, a variety of cardio, flexibility, core strength, body weight exercises, interval and strength training. This is a high intensity team class that will push you to do things that you didn't think you could. You definitely will be challenged but will feel empowered at the end of class.

You will never be bored with this one! Try it for Free!

Total Body Boxing and Fitness is a fun, friendly gym and has something for everyone, all ages all fitness levels.  
We have classes 6 days a week! Join us!



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



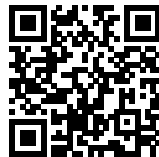
QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>



QUINCY COED BOOTCAMP  
CLASSES FRIDAYS at 530  
TRY IT FREE (QUINCY)  
hide this posting  
<https://www.genclassifieds.com/x-753026-z>