

ALL WOMENSLADIES PUNCHFITBOXING FITNESS CLASSES (QUINCY)

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Location **Massachusetts**
<https://www.genclassifieds.com/x-753028-z>



QR Code Link to This Post ALL WOMENS/LADIES PUNCHFIT/BOXING FITNESS CLASSES (non contact) No experience is necessary at all, you will learn all the basic punches and moves in the 1st class. You can even borrow our boxing gloves. Get in "knockout" shape for Fall with our all womens boxing/punchfit classes! So get off that boring treadmill and come join us for a class that you will have fun doing and actually look forward to! We have a lot of laughs with a great mix or cardio, condition and of course hitting the heavy bag!

Also check us out the website, facebook page and youtube channel for more info!
<http://www.totalbodyboxing.com/>
<https://www.facebook.com/totalbodyboxing/>
https://www.youtube.com/channel/UCM_tMbJsuQzhTyj9NEgObjA

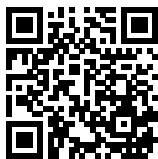
If you have any questions please contact me (Toby) via email the above, call me or just shoot me a text.



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