

ALL WOMENS PUNCHFITBOXING CLASSES ONE WEEK FREE (QUINCY)

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Location **Massachusetts**
<https://www.genclassifieds.com/x-753030-z>



QR Code Link to This Post ALL WOMENS/LADIES PUNCHFIT/BOXING FITNESS CLASSES 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 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!

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

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>



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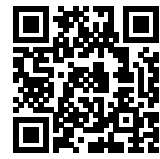
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