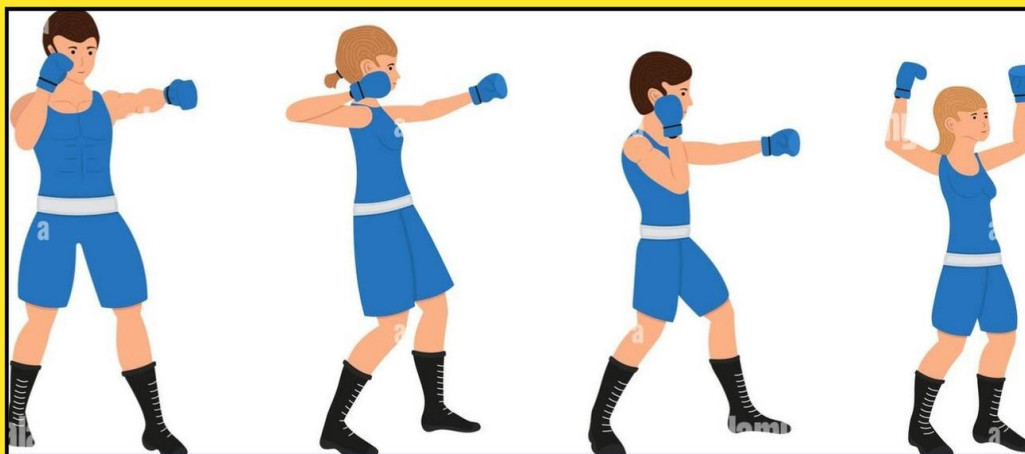


BOXERCISE[®]

Do you do less than 30 minutes of physical activity per week? If so, sign up to try our FREE 12-week Boxercise program with Cheryl!



L **Thursday's**
2.00pm-3.00pm,
starting on 6
November

Rise Park Primary
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With Cheryl Durrant,
Boxercise instructor
and Pre-Post Natal
personal trainer



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