

# Free Family Box Fit



Come along to our free box fit sessions. Box fit with your whole family for some fitness fun!

## Session information:

- Starts Thursday November 4<sup>th</sup>
- From 3:30 pm-4:15pm
- Runs for 6 weeks

**OUR GOAL IS TO  
PROMOTE PHYSICAL  
FITNESS AND FAMILY  
ENJOYMENT.**

Josh Taylor

QUOTEHD.COM

If you would like to sign up or require more information, please see Mrs Lamb or email at:  
[admin@risepark.nottingham.sch.uk](mailto:admin@risepark.nottingham.sch.uk)