

Fitness and Friendship

# Boxing Connections Mums Group

Starts Tuesday 15th October

5 - 6.30pm

@ BOXING FUTURES GYM.  
UNIT 12, CRUSADER COURT.

YAXLEY. PE7 3PU



- NON-CONTACT BOXING CIRCUITS
- WEEKLY WELLBEING TOPICS
- A SAFE SPACE TO TALK
- A SMALL GROUP SETTING
- CONNECT WITH OTHER MUMS
- SUPPORT FROM COACHES

If you are a mum, join us for  
12 weeks of wellbeing and exercise

TO SIGN UP CONTACT

ROWEN.LOVELL@BOXING-FUTURES.ORG.UK

OR 07985 564717



[boxing-futures.org.uk](http://boxing-futures.org.uk) registered charity number 1162086  
In association with Peterborough Family Hub

