

Boxercise Instructor Course



Date: Saturday 23rd April 2022
Time: 8.30am to 4.30pm
Venue: Heron Hall Academy,
46 Queensway, Ponders End,
London, EN3 4SA

Course information:

The Boxercise Instructor course is designed to meet the needs of instructors who would like to gain a foundation in the fundamental techniques of boxing for fitness and coaching. These skills can then be used to teach classes or with 1-to-1 clients.

The aim of the Boxercise Instructor Course is not to turn instructors into competition standard boxers, but ensure they leave the course able to competently coach the basics of Boxercise to a participant, allowing them to work out safely whilst having fun and gaining a skill.

On completion of the course attendees will be able to take a Boxercise style class (virtually or face to face), or use the skills learnt for personal training clients.

This is a practical course.

For more information visit:

www.boxercise.co.uk

