

**Work
Well**



Boxing Taster sessions

Deliver a knock-out blow to stress, increase your energy levels and build self-confidence with these fun boxing sessions.

Level 1 England boxing coach Matt Bignell, from Fun4allboxing, will be delivering the taster sessions.

No equipment needed. Just wear suitable clothes to exercise in.

Date	Session times	Venue
Tuesday 14th May 2019	12noon - 12.30pm 12.30pm - 1pm	BDC, ARC/Dance Studio
Tuesday 14th May 2019	4pm - 4.30pm 4.30pm - 5pm	NEDDC, Mill Lane/Canteen
Tuesday 28th May 2019	12.30pm - 1pm	NEDDC, Mill Lane/Chamber Suite 1
Wednesday 29th May 2019	4.45pm - 5.15pm	BDC, ARC/Dance Studio
Wednesday 5th June 2019	4.45pm - 5.15pm	BDC, ARC/Dance Studio
Thursday 6th June 2019	12.30pm - 1.00pm 1.00pm - 1.30pm	NEDDC, Mill Lane/Chamber Suite 2
Wednesday 12th June 2019	4.45pm - 5.15pm	BDC, ARC/Dance Studio
Tuesday 18th June 2019	12.30pm - 1.00pm 1.00pm - 1.30pm	NEDDC, Mill Lane/Chamber Suite 1
Thursday 20th June 2019	12.30pm - 1.00pm 1.00pm - 1.30pm	BDC, ARC/Dance Studio

"I really enjoyed the boxing thank you ! Shoulders aching this morning but in a good way."

"Really good fun and a good way to get together with colleagues I only usually email."

"Look forward to the next sessions that I have booked in on - I'm absolutely buzzing!"

For more information, or to book your place, please contact
Helen Parsons - helen.parsons@bolsover.gov.uk
Tel: 01246 242412.

More information about the Work Well group can also be
found on the extranet.

Bolsover
District Council

North East
Derbyshire
District Council

