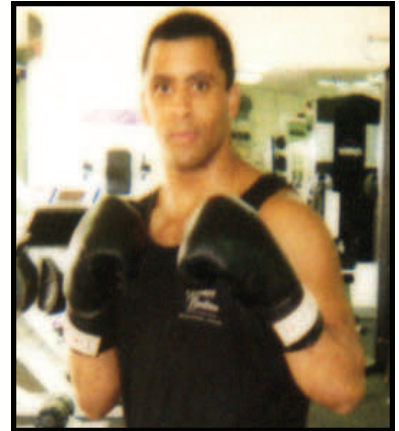


Boxing By Bristol



If you are looking for the next step in cross training then try Boxing By Bristol. It's fun, exciting and a different type of cardiovascular training.

Boxing aerobics has been big in the fitness industry for many years, but here at Smart Bodies it is a personalized one-on-one program. This unique program comes straight out of the typical hard core boxing gym; yet it is customized to each and every individual to format their specific needs. Since this is not a class setting, you will learn all the proper boxing techniques while getting an intense aerobic workout.

See the front desk for appointment times.

For All Ages and Fitness Levels

