



Unit 5 Bridgemoor Business Centre, Bridgemoor Close, Westmead, Swindon, SN5 7AU
Scrapstore Main Number: Tel: 01793 513982 / Paul Rogers – Scrappers Gym Boxing Coach: 07505370383
Email: jammyrogers@gmail.com Website: scrappersgym.com

We are now offering group sessions and one to one training sessions on a Monday, Wednesday and Friday at Scrappers Gym (10am – 4pm) Sessions must be booked in advance with Paul Rogers on 01793 335498 / 07505370383

Group Sessions: Minimum of 4 people and maximum of 10 people

Cost: £5 per person

Personal Training Sessions – One to One with Paul Rogers – Boxing Coach

Cost: £ 25.00 per person

- **Boxing Skills, Fitness Training, Body Conditioning, Personal development plans**
- **Boxing Circuit Training Sessions – Includes: Fixed Circuits, Warm up, Fixed Circuits on various bases overall body workout.**
- **Boxing Skills Challenge – Includes working on Basic Stance, Posture, Balance, Weight Distribution**
- **Footwork – Alignment and Agility**
- **Body Movement – Flexibility and Leverage**
- **Co-ordination – Timing and Focus**