

DavFit's Fitbox

New for Spring 2020

Day and Time: Wednesday 7:15-8:15pm

Duration: 10 weeks

Price: €50

Tutor: David Kidd (DavFit)

Course Description

Get fit and healthy, reduce stress and improve your mental health with DavFit Fitbox. Fitbox is a cardiovascular workout focusing on fitness and toning for people of all ages and levels of fitness. Classes, which last up to an hour, are based on training used for boxing and include skipping, boxing drills, footwork and abdominal work.

Each week we will use a variety of exercises combined with boxing training to train your whole body in a fun, friendly and highly energetic environment. No experience necessary, just a willingness to have fun while exercising.

Among other things, Fitbox:

1. Increases mental agility. Sports behavioural studies have shown that the training techniques adopted by boxers using punchbags and sparring lead to superior decision-making skills.

2. Improves hand-eye coordination on both the left and right side of the body. Unlike asymmetrical sports such as tennis and golf, your body improves evenly on both sides, reducing postural misalignment.

3. Increases stamina. Research from the Indian Journal of Medicine has estimated that boxing is 70%-80% anaerobic (high-intensity) and 20%-30% aerobic; training increases stamina in heart and lungs

4. Raises core strength. To take a punch and hold your balance, your abdominals need to be strong and toned - this strong core stability can reduce the risk of back pain and improve posture.

5. Strengthens muscles. Boxing improves muscle strength used in everyday activities, as well as the 'fast twitch' muscle fibres required for shorter, more explosive movements.

Be Fit- Be DavFit!



Classes delivered by:



St Colmcille's Community School, Scholarstown Road, Knocklyon, Dublin 16

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