

Gateways boxing club



At Gateways, the Upper 4 pupils have been provided with the opportunity to boost both their physical and mental wellbeing whilst having fun in the process by participating in one of the current trends of fitness/exercise - boxfit.

Boxfit, also known as Boxercise, is great for promoting a healthy lifestyle, respect, discipline and teamwork. Not only does this increase confidence and reduce stress and anxiety, but it also helps in developing speed, fitness, agility, coordination and power.

Classes run straight after lunch on Thursdays and take a variety of formats, with a typical session involving learning different boxing combos (combinations).

My aim in offering this class is to help Upper 4 pupils who are interested to channel their energy and further develop themselves so that their dynamism flourishes and is reflected in their academic work, sports activities and everything else they do.

Mr Charles Adegboro