

YOU CAN

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SUPPORT

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Olympia BOXING

“Olympia Boxing are extremely excited to be part of the Kent Sport You Can project. Boxing is a great way to have fun, improve health and well-being. Our Box Fitness sessions offer a fun, friendly and safe environment to learn the basics of Olympic Style Boxing.”

Wayne Smith
Head Coach



Did you know?

Physical Activity improves the circulation of immune cells in your blood. The better these cells circulate, the more efficient your immune system is at locating and defending against cancer trying to attack your body.

KentSport
.org

A circular logo graphic for KentSport.org, featuring a pink circle with three yellow curved lines radiating from the bottom right.