




The Benefits of Boxibility

- Improves Health
- Enhanced Wellbeing
- Facilitates Socialisation
- Increases Flexibility
- Develops Strength
- Reduces Stress
- Improves Mood
- Raises Confidence
- Controls Weight



Boxing For Better C.I.C.

Get In Touch

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Boxibility

A physical activity intervention for adults living with disability.

- Boxing
- Movement
- Play
- Socialise
- Learn
- Smile

About Us

Boxing For Better have been working in Wigan Borough for 3 years. We have received honours from the King and Queen in recognition for their services and have been recognised locally for their inclusive approaches and community ethos.

We deliver fully inclusive group exercise programmes that are centred around the sport of boxing, but incorporate many other physical activities too. We are experts stand out in Wigan Borough for our ability to engage adults who typically find access to sport and exercise difficult, and manage to infect those we train with a love of movement and exercise which can lead to improved health, fitness, wellbeing and mood.

Best of all we can take our session anywhere, as well as our disability friendly centre in Wigan, we can also offer the same service in any setting where there is adequate space.

Our Services

Tier 1 - We will work with a group of up to 12 clients for 1 hour at our centre in Wigan or a location of your choice for 12 weeks. **£1250**

Tier 2 - As well as offer a 12 week programme delivered by us, in house or at our centre in Wigan. We will also train 4 members of your staff to enable them continue the delivery after the 12 week programme. **£2400**

Tier 3 - We will provide a 12 week programme delivered by an experienced boaxibility coach at a location of your choosing and train up to 10 staff. On top of this we will provide equipment for your team to keep. We will also offer refresher training course 12 months later . **£4000**

Bespoke packages may be available upon request

Our Mission

To ensure that people living with disabilities are able to access positive, engaging and uplifting group exercise and to equip other professionals with the skills and confidence to build on this mission.

