Fitness

For adults and young people at Greenway Gym

1,004 active Gym members

We have shown that boxing is much more than a sport. Our new Boxing Zone is accessed by many of our 1,000 members, including our Young Gym 11–15-year-olds every weekday afternoon. Specialist boxing sessions take place every week for those in recovery, and young people who have suffered trauma, challenges or exclusion. These boxing sessions improve physical and mental wellbeing and help people build healthy routines. Boxing groups provide structure, discipline and a safe outlet for stress, helping to build confidence, relationships and a sense of achievement that leads to wider change.

Due to long-term medical conditions such as cancer, arthritis, respiratory, and thrombotic disease, Lorriane had lost her confidence and her mental health was declining. She was referred for pulmonary rehabilitation at Greenway and her improved breathing led her to take the brave next step to our gym. She felt nervous at first but soon felt welcomed and included. Her story is one of resilience and determination, showing how the right support and a welcoming community can support life-saving health differences.

182 Boxing sessions for health and wellbeing

"I am so thankful for Greenway Gym as it has made a huge difference to my life and has enabled me to start exercising again. Thank you everyone at Greenway - Lorraine"