



Junior class students try out the new boxing gym opened up on Sheridan St aimed at giving young ones an outlet for exercising.

CAIRNS

The Streets Movement Organisation opens community gym to provide an outlet for frustrated youths

Jack Lawrie, jack.lawrie@news.com.au, The Cairns Post
March 16, 2018 12:00pm
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A NEW gym opened in Cairns aims to provide an outlet for frustrated youths.

The Streets Movement Organisation Inc. celebrated the soft opening of their new community space this week, the NEXUS centre at 99 Sheridan Street.

With heavy-duty fitness sessions, boxing classes, social growth and culture nights, The Streets Movement want something that will deliver a message of community responsibility.

Group founder Jesse Martin said fitness programs gave people the chance to care for themselves and engage with other people in the real world.



Junior class students Alex Salam(5) and Ahaiva Nakachi(5) try out the new boxing gym opened up on Sheridan St aimed at giving young ones an outlet for exercising. PICTURE: JUSTIN BRIERTY

“Boxing’s a medium, and for young people, particularly young people out on the street, it provides a positive outlet,” he said.

While teenagers and young adults in need of an outlet are a big focus, the gym has made a point of targeting all ages, with junior and senior classes.



Junior class students Alex Salam(5) and Ahaiva Nakachi(5) try out the new boxing gym opened up on Sheridan St aimed at giving young ones an outlet for exercising. PICTURE: JUSTIN BRIERTY

Mr Martin, who based the idea for a boxing gym off his own experiences finding boxing as an outlet as a young man, said it was important to instil those ideas at an early age.

“Everything we do starts from when we’re young, we have to make sure

“Our ethos is getting the adults to take responsibility for our children, and our seniors.”

The NEXUS centre is open from 6am to 9pm on weekdays and 6am to noon on Saturdays.



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