

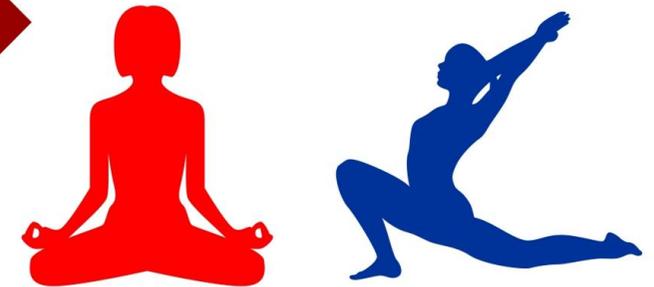
Are you one of those who want to engage in a fitness routine but

- Do not like gyming ➤ Find exercising boring and difficult and find no fun in it
- Get knee pain or body pain while jogging or following the exercises from online media
- Find workout too stressful to continue



GOOD NEWS!!! *We R Presenting a*
Holistic Fitness Training Session based on celebrity fitness routines which shall include a combination of

- Cross fit ➤ Aerobics ➤ Cardio
- Agility ➤ Muscle Strengthening ➤ Mind body Co-ordination ➤ Meditation etc.



You will be trained under the guidance of a fitness trainer having 16 years of experience as a national level professional athlete, who has participated and won many medals in national level events and has trained under international coaches.



The highlights of this unique fitness training are :

- To improve your strength and stamina by combination of cardio games
- To improve your physical and mental well being by yoga and meditation
- To improve your mind and body co-ordination with many agility games
- Add spice to the training with dance and aerobics workout

Personal , Group & Weekend sessions are available.

For Further Details / Demo sessions, { please contact - 9108274373 / 8747097003 } E - fitnesstrainerblr@gmail.com