



INDOORS
with
NAMRATA SHETH



- Our mission:
1. Healthy longevity
 2. Functional fitness
 3. Independent life

Join us to improve your
**Strength, Movement, Mobility,
Joints & Balance**

Morning
7:15 am - 8:30am

Monday & Friday

Evening
4:00 pm - 5:30 pm

**Monday, Wednesday
& Thursday**

Evening
6:00 pm - 7:15 pm

Thursday



For more details or signing up Contact
99090 22905, 079 4891 1905

Change your fitness story with us!