



## INDOOR EXERCISE BATCH

Connect with your **Mind, Body, and Soul**  
with our **Indoor Fitness Batch**

Scientifically Designed Workouts  
by **Namrata Sheth**  
to improve your **Strength, Movement**  
and **Mobility, Balance, Energy** and  
Executed by **Certified Trainers Mauli & Pooja**  
+  
**Exclusive Sessions by Namrata**  
on  
**1. Nutrition + Lifestyle Management**  
**2. Movement & Mobility session**  
(with Props – Inspired by Iyengar Yoga)

### BATCHES

**Monday, Wednesday & Friday**

**10:00 am – 11:00 am** OR **11:15 am to 12:15 pm**

**Limited Seats - 6 persons/Batch**

**Venue:** 403, Akshar Stadia  
Bodakdev, Ahmedabad - 380054

For more details please get in touch with us  
**(M) 9909022905 (O) 079 48911905**

**NAMRATA**  
nutrition - fitness  
lifestyle **SHETH**



A WAY TO CONSCIOUS LIVING

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