



ONLINE

with

NAMRATA SHETH



Our mission:

- 1. Healthy longevity**
- 2. Functional fitness**
- 3. Independent life**

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

Days : Monday-Wednesday-Friday

Time : 6:00 - 7:00 am

**Tuesday & Saturday - Cardiovascular
exercise plan to be followed**



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

Change your fitness story with us!