



OUTDOORS

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 : 5 days

(Monday, Tuesday, Wednesday, Friday, Saturday)

Monday, Wednesday & Friday

Time : 6:00 - 7:00 am

Tuesday & Saturday - Guided plan to be followed

- Weekly meal plan - this is a well-structured plan based on nutrition science
- Know about health, wellness, lifestyle session - Once a month



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

Change your fitness story with us!