



Avinuty Fitness Club

Rs 300
Per Month

4

Empower Fit

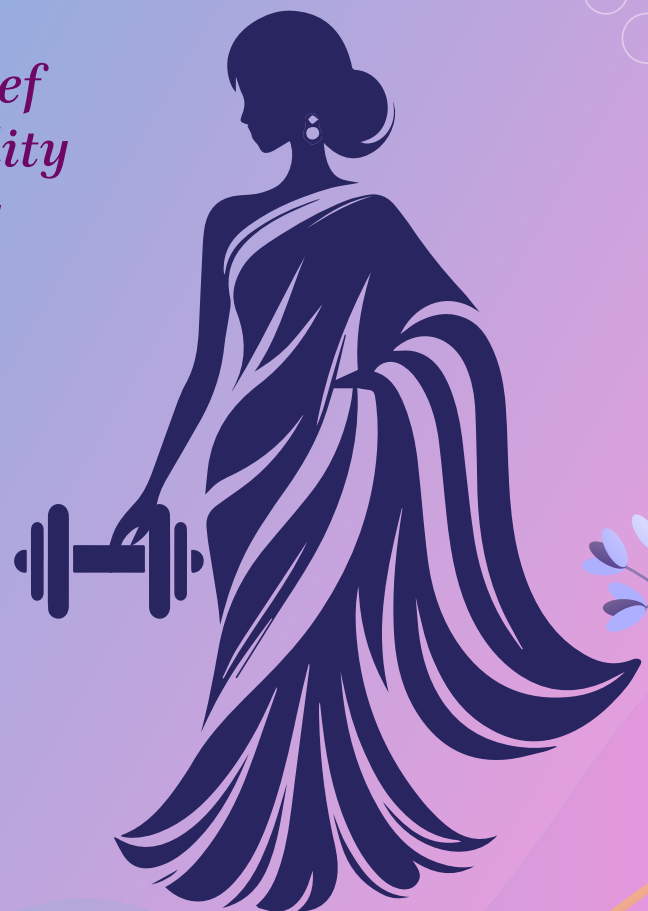


Mobility & Pain Management

Objective: Enhance health and well-being by promoting preventive care through tailored therapeutic exercises

Outcomes:

- Educate Body Mechanic's
- Stress Reduction & Pain Relief
- Improved Mobility & Flexibility
- Enhanced Daily Functioning
- Boosted Energy Levels



Payment



Registration



Classes begin on
27 January 2025

Hybrid Mode

Time : 3.45 - 4.30 PM

